**LUNCH RUSH**
TANDOORI OVEN ON WHEELS
{page 18}

# ‘HORRIBLE’ NO SEX TAPE AMONG EX’S HOME VIDEOS, LOPEZ SAYS {page 16}

VANCOUVER metro®
Tuesday, June 21, 2011
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News worth sharing.

**GREENER LIVING**
*presented by*

*See pullout in today’s paper*

# First riot charges laid

**Eight people have been formally charged in the riot investigation and 117 have been arrested Police have received approximately 3,500 email tips from the public**

MATT KIELTYKA/METRO FILE

▶ Vancouver police Chief Const. Jim Chu and Vancouver fire Assistant Chief Wade Pierlot following last week’s riot.

Eight people have been formally charged for their alleged role in the Stanley Cup riot.

Vancouver police Chief Jim Chu announced that the initial batch of charges was approved by Crown prosecutors yesterday, and he vowed many more in the coming days and weeks.

He also urged participants to turn themselves in.

“If you come in voluntarily, you can do so discreetly and at a time that is convenient for you,” Chu said through a media statement. “If you wait until we find you — and we will find you — we will arrest you in a public manner suitable to the public crimes you have committed.”

Chu said the investigation and social media campaign to gather evidence has been “massive and unprecedented.”

Witnesses have submitted more than 3,500 emails with video, photos and tips.

The eight people charged so far are all males ranging in age from 17 to 27.

Police initially blamed a small, organized group of anarchists for the rioting.

They have since broadened their scope of suspects.

“We are learning that most of the people that joined in the riot and that have now been charged represent a wider spectrum of young people, many of whom do not have criminal records,” Chu said.

As of yesterday, 117 people had been nabbed in connection with the riot — though most of those arrests were made on the night of the riot for breach of peace.

MATT KIELTYKA

More coverage {page 4}

## What went wrong?

**As the investigation into the riot continues, the fact-finding mission into why it erupted in the first place is also taking shape.**

- The city, the provincial government and Vancouver Police Board announced yesterday they’ll launch an independent review into the planning and response of officials June 15.
- The party that will draft the report, due by Aug. 31, has yet to be announced.

Local

## Royals urged to steer clear

Vancouver Humane Society asks Wills, Kate to skip Calgary Stampede during their visit to Canada {page 3}

## Coming soon ...

What does J.K. Rowling have in store for cryptic new website? {page 15}

## Frugal and fun

Try a staycation {page 20}

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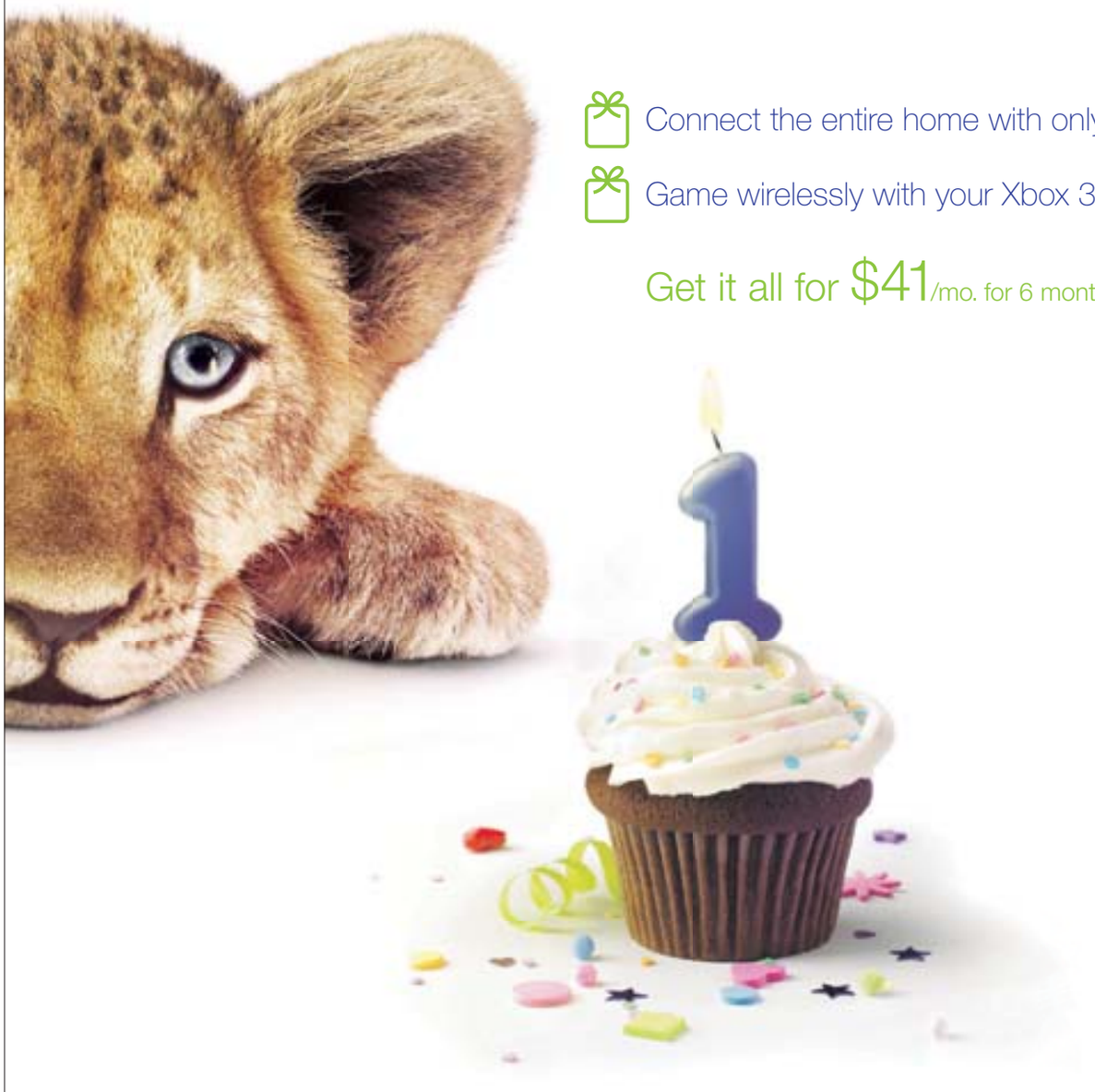

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## The Bay keeps portion of apology wall

The Bay will keep one of the post-riot plywood apology boards as a commemorative reminder and will donate the rest to the Vancouver Museum.

"The city has graciously allowed the Bay to keep a small panel which we will also preserve in our archives and treasure as a lasting reminder of this time of triumph and perseverance," said Dana Hall, store director for the Bay downtown.

The plywood boards that covered broken windows following the Stanley Cup riot have been covered in thousands of heartfelt messages and are set to come down today.

SAHARA GIANNONE

## 3 killed in car crash

Three people are dead and a fourth is in hospital struggling for life after a horrific rush-hour crash on Granville Street yesterday evening.

According to police, a red Toyota Corolla was speeding and weaving south on Granville when it crashed into the back of a city bus that was slowing to pick up passengers.

The fourth victim's condition is reportedly critical.

No one on the bus was seriously injured.

METRO

ANDREW WINNING/WPA POOL/GETTY IMAGES

▶ Catherine, Duchess of Cambridge, sits next to Prince William at Windsor Castle on June 13.

# Will and Kate urged to skip Calgary Stampede

### In letter, humane society asks Royal couple to take Calgary Stampede off their itinerary when they visit the city next month

PHYLICIA TORREVILLAS
@METRONEWS.CA

A local animal-rights group has written to the Duke and Duchess of Cambridge asking them to skip the Calgary Stampede during their stopover in the city next month.

The Vancouver Humane Society sent a letter to Clarence House — the official residence of newlyweds William and Kate — imploring them to steer away from the world's largest rodeo because their involvement would promote the rodeo as a positive thing.

"The Calgary Stampede rodeo is a spectacle of animal cruelty," said VHS spokesperson Peter Fricker. "We're asking the Royal couple not to take part in any Stampede activities and instead visit a horse sanctuary in Alberta for abused and abandoned horses."

A lot of Canadians are ashamed of the Stampede, Fricker added, and will be very unhappy if the future king and queen are seen promoting it.

Fricker said the society is opposed to rodeos because they expose animals to fear, pain and stress just for the sake of entertainment.

But Doug Fraser, spokesperson for the Calgary Stampede, said he doesn't know why the Stampede is being picked on when there's a minimum of 1,200 rodeos throughout North America.

Stampede officials have consulted with the Calgary Humane Society, he added, and made necessary steps to improve their animal-care practices.

"We've reduced the number of chuckwagon outriders from 16 per race to eight," he said. "We've introduced a new fitness-to-compete program where every animal will go through a thorough veterinarian inspection after every event before they come into the park."

Fraser said he's hopeful the Royal couple will stop by.

"They're coming to (an event) like no other, where the Canadian West is perfectly described."

1 news

A new report details economic costs of obesity, and how individuals can fight it.

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**According to an Angus Reid poll, 96 per cent want rioters to be prosecuted to fullest extent of the law ◆ Poll also shows high support for police response, increasing police presence at future events ◆ Most greet riot with disgust, but one per cent report feeling joy**

JENNIFER GAUTHIER/METRO FILE

# B.C. wants rioters to face justice: Poll

**DAVID PROCTOR**
VANCOUVER@METRONEWS.CA

British Columbia's outrage over last Wednesday's Stanley Cup riot remains strong, with a near-unanimous 96 per cent of the province's residents agreeing that rioters should be prosecuted to the fullest extent of the law, according to an Angus Reid poll.

Respondents were less optimistic about how many rioters will actually face justice, however. Respondents estimated on average that only 32 per cent of the rioters will ever face justice.

The public's approval of the way police handled the riot, shown this weekend in a deluge of thank-you notes, was also reflected in the numbers, with 65 per cent of Metro Vancouver residents saying that police "handled the situation in a proper manner."

If anything, the public seemed to invite tougher police tactics, with 81 per cent of Vancouverites saying they would approve the use of non-lethal weapons such as rubber bullets to disperse crowds. 94 per cent supported establishing larger police presences at future sporting events.

Asked about their emotional response to the riots, large majorities reported feeling disgust, sadness, and anger, but one per cent did report a feeling of joy.

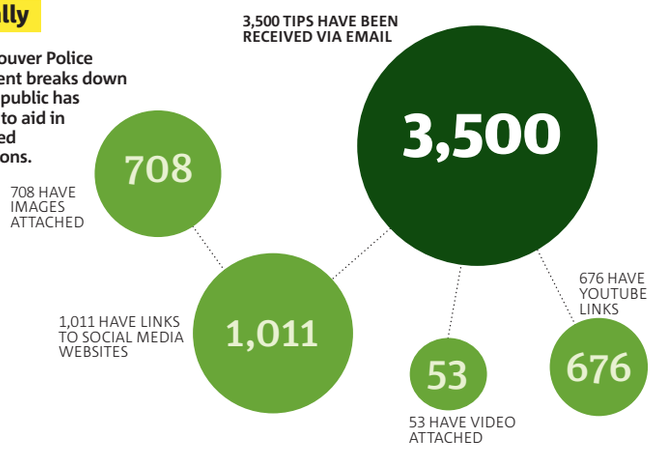
## Right to party

**Vancouverites don't want to let the riot stop the party:**

- Only 37 per cent favoured a ban on street parties.
- However, 59 per cent supported banning the sale of alcohol on game days.

## Tip tally

**The Vancouver Police Department breaks down what the public has provided to aid in riot-related prosecutions.**



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# Girl forced to wear bomb vest: Police

## Pakistani authorities say suicide-bomb vest contained nearly nine kilograms of explosives

ROHULLAH SHAKIR/THE ASSOCIATED PRESS

▶ Sohana Jawed, a nine-year-old Pakistani girl, sits during a news conference in Lower Dir in Timergarah, Pakistan, yesterday.

Police said yesterday that militants kidnapped a nine-year-old girl on her way to school and forced her to wear a suicide-bomb vest. The girl and police said she managed to escape her captors as they directed her to attack a paramilitary checkpoint in northwest Pakistan.

Sohana Jawed, who is in Grade 3, said she was abducted near her home in the northwestern city of Peshawar on Saturday and taken to Lower Dir district, a four hours' drive away.

Police in Lower Dir presented Jawed at a news conference, where she told her story dressed in her blue and white school uniform. But police in Peshawar said they haven't received a complaint of a missing girl and haven't identified a resident with her name.

Initial police reports of security incidents in Pakistan are sometimes wrong.

Jawed said during the news conference that she was grabbed by two women while on her way to school and forced into a car carrying two men.

Lower Dir police Chief Salim Marwat said the suicide vest seemed designed to be detonated remotely.

The kidnappers brought the girl to a checkpoint run by the paramilitary Frontier Corps located about 10 kilometres outside Timergarah, he said. When they got out of the car, she sprinted toward the paramilitary soldiers to show them what she was wearing, he said.

By the time the paramilitary soldiers realized what was happening, the kidnappers had escaped, said Marwat. Police have launched a search operation to find them, he said.

It's unclear why the kidnappers didn't detonate the suicide bomb after Jawed ran away.

Marwat suggested they may have simply panicked and fled.

THE ASSOCIATED PRESS

### Rare move

▶ Militants in Pakistan have often used young boys to carry out attacks, but the use of young girls is rare.

# Tories table bill to end postal dispute

The Conservative government decided to play referee in the dispute between Canada Post and its locked-out workers yesterday, but one side is already crying foul.

The Tories introduced back-to-work legislation to force the resumption of postal services across the country, but included in the bill are wages that are even less than what Canada Post was offering employees, the Canadian Union of Postal Workers said.

Labour Minister Lisa Raitt said that the wages were reflective of the agreement the federal government has with its own unions.

It was the second time in a week that the Harper government stepped in to end a labour dispute.

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▶ Courtney Mitchell, right, offers a wedding ring to Sarah Welton during their wedding ceremony in Katmandu, Nepal, yesterday. The couple from Denver, Colo., married in the first public lesbian wedding in the Himalayan nation.

BINOD JOSHI/THE ASSOCIATED PRESS

## Lesbian wedding a first

# N.Y. stalls on gay marriage

### Same-sex couples can legally marry in Connecticut, Iowa, Massachusetts, New Hampshire, Vermont and Washington, D.C.

Hundreds of protesters for and against gay marriage in New York chanted, sang and sought out TV cameras yesterday while the state senate again came to no resolution on the issue in a closed-door session that barely touched on the nationally divisive topic.

New York's vote is seen as pivotal in the national question over same-sex marriage, an effort that largely stalled in the same room two years ago when the senate voted it down. Since then, efforts have failed in New Jersey, Rhode Island and Maryland. Advocates hope a "yes" vote in the country's third-most populous state jump-starts the effort.

Two Republican senators said the gay marriage issue that has sharply focused the efforts of opponents and advocates was only briefly discussed in yesterday's meeting. Instead, senate Republican leader Dean Skelos is negotiating with Democratic Gov. Andrew Cuomo on religious exemptions that could be enough for Republican senators — most of whom oppose gay marriage — to send the issue to the floor, where a bipartisan effort could pass it.

The state legislature's other chamber, the assembly, has already passed the measure. The legislative session was supposed to end yesterday, but the negotiations are expected to keep lawmakers in the state capital, Albany, through much of the week.

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# Family's nightmare recalled in abduction trial

## Grainy video footage reveals a moving, dark silhouette near mall

The family of a woman who was missing for 26 days before she was found last year in Moncton, N.B., feared she had a heart attack in the mall where she worked, the trial of the man accused in her kidnapping heard.

The woman's sister told the court she began calling police and local hospitals on the morning of Feb. 27, 2010, after her brother-in-law phoned to say his wife should have been home from work hours earlier.

The court heard a 911 recording of the sister, whose name cannot be revealed due to a publication ban, asking police to check to see if her 55-year-old sister suffered a heart attack inside the locked mall.

"I felt sick to my stomach," said the sister.

Romeo Cormier, 63, has pleaded not guilty in the Court of Queen's Bench to charges of kidnapping, forcible confinement, sexual assault, assault with a weapon, theft and uttering death threats.

The sister cried in court as she described the joy she felt on March 24, 2010, when she learned her sister was alive.

"I will never forget the hug I gave her that night," said the sister.

The trial is scheduled to resume today.

THE CANADIAN PRESS

**Testimony**

- In outlining the prosecution's case to the jury last week, the Crown said the woman will testify she was abducted at knifepoint outside the mall, and was sexually assaulted while held against her will in a basement apartment.
- The woman was found after she ran into a street near the mall and flagged down the driver of a passing courier truck.

ANDREW VAUGHAN/THE CANADIAN PRESS

▶ Romeo Cormier, 63, leaving court in Moncton, N.B., last year.

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# Masters of our domain name

**New rules mean anything goes when choosing web suffix Instead of .com, how about .harry or .sally?**

BEATRICE BEDESCHI
METRO WORLD NEWS

So long, dot-com era; hello, dot-whatever. The world of website names is about to undergo a revolution, with anyone allowed to choose whatever suffix they want for their website, including ideograms and Arabic characters.

At the moment, a web address can end with one of only 22 suffixes: .com, .org and .net, for example. But in the near future, websites could end with tailored suffixes such as .kids, .shop or .van for Vancouver.

The body in charge of deciding the rules for website names, ICANN (International Corporation for Assigned Names and Numbers), said yesterday that it will open up the market of address endings, also known as gTLDs, generic top level domains.

The group, based in Marina del Rey, Calif., called it "one of the biggest changes ever" to the Internet naming system.

The Internet community, governments and companies have been pressing for open domain name extensions for years. But with a customized domain expected to cost about $185,000, only big organizations are expected to apply for now.

Technology writer Robin Wauters, of TechCrunch.com, said the decision could have "the most repercussions ever taken by ICANN since the introduction of .com."

But while the move may offer good branding opportunities for companies, organizations and cities, he warned that the new domain name extensions could end up causing confusion. And there is no way to predict if the advantages of owning a "brand domain" will justify the high cost.

### You name it

- **The expected price of a** customized suffix is $185,000, but technology writer Robin Wauters says it could cost twice that to effectively operate and maintain a custom gTLD.
- **Under the new rules,** domain suffixes — many of which were established in the early 1980s — could, in theory, balloon to hundreds or thousands.
- **Applications are open** from Jan 12. to April 12, 2012.

**Plastic.** Money

▶ Canada's new polymer banknotes in $50 and $100 denominations are unveiled yesterday at the Bank of Canada in Ottawa.

SEAN KILPATRICK/THE CANADIAN PRESS

## Coming in on a high note

**Canada is switching to polymer banknotes to replace paper-cotton bills that wear and tear more easily. The first to go plastic will be the $50 and $100 bills. Polymer banknotes are more durable and harder to fake than paper money.**

# Google to digitize historic tomes

A treatise on a stuffed hippopotamus and a description of the first engine-driven submarine are among 250,000 books to be made available online in a deal between Google and the British Library.

The agreement will let Internet users read, download and copy thousands of texts published between 1700 and 1870. It marks another step in Google's effort to make digital copies of the world's estimated 130 million books. The company touts the ambitious project as a way to enable anyone with an Internet connection to tap into a vast reservoir of knowledge. Google, though, stands to make more money if it can build the world's biggest digital library.

By stockpiling millions of books that can't easily be found elsewhere, Google gives people another reason to use its search engine. Generating more search requests gives Google more opportunities to show ads that bring in revenue each they are clicked on.

The books that Google will be scanning from the British Library are no longer protected by copyrights. Among them is Georges Louis Leclerc's Natural History of the Hippopotamus, or River-Horse — which includes a description of a stuffed animal owned by the Prince of Orange.

THE ASSOCIATED PRESS

**14M**

**The goal of the library is to make the bulk of its 14 million books and 1 million periodicals available in digital form by 2020. They will be available on the British Library and Google websites.**

# Market rocks RIM

Research In Motion shares closed down another six per cent yesterday after the BlackBerry maker took a drubbing on the Toronto stock market last week. RIM, based in Waterloo, Ont., closed down $1.83 at $25.41 on the TSX.

Shares fell nearly 20 per cent on Friday as investors responded to a rash of analyst pessimism about the company's prospects.

On Thursday, RIM announced plans to cut jobs as it works to roll out new smartphones and updated tablets in a bid to stay competitive against Apple and products that run on Google's Android platform.

The company had already cut its profit forecasts for this year. The rollout of its PlayBook tablet came with little fanfare and lukewarm reviews in April, on the heels of the much-publicized launch of Apple's iPad 2, which remains one of the hottest tech gadgets on the global market. THE CANADIAN PRESS

## Market moment

PRICES AS OF 5 P.M. YESTERDAY

| TSX | Dollar |
|---|---|
| + 67.75 (12,857.7) | +/- 0¢ (102.02¢ US) |
| **Oil** | **Natural gas** |
| + 25¢ US ($93.26 US) | 1,000 cu ft $4.302 US (– 2.3¢ US) |
| **Gold** | **contracts** |
| | $1,542 US (+ $2.90 US) |

# Jet makers rev up the rivalry

Airbus and Boeing signed more than $25 billion in orders to kick off the Paris Air Show yesterday, but Airbus Industrie's appearance at the world's biggest aviation showcase suffered a setback when its star superjumbo clipped a wing.

The haul from the first day of the show was an improvement from recent years despite a challenging environment for the industry, which faces high fuel prices and a slowing global economy.

Airbus topped the totals, signing orders and commitments for 142 aircraft worth $15 billion US at list prices, the company said yesterday. Of note were firm orders for 90 of its A320neo, a more fuel-efficient version of the workhorse jet.

Rival Boeing Co. countered with more than $11 billion US worth of orders and commitments for 56 of its jets.

Airlines are particularly interested in energy-efficient aircraft this year: Displays included biofuel and hybrid engines as well as a solar plane.

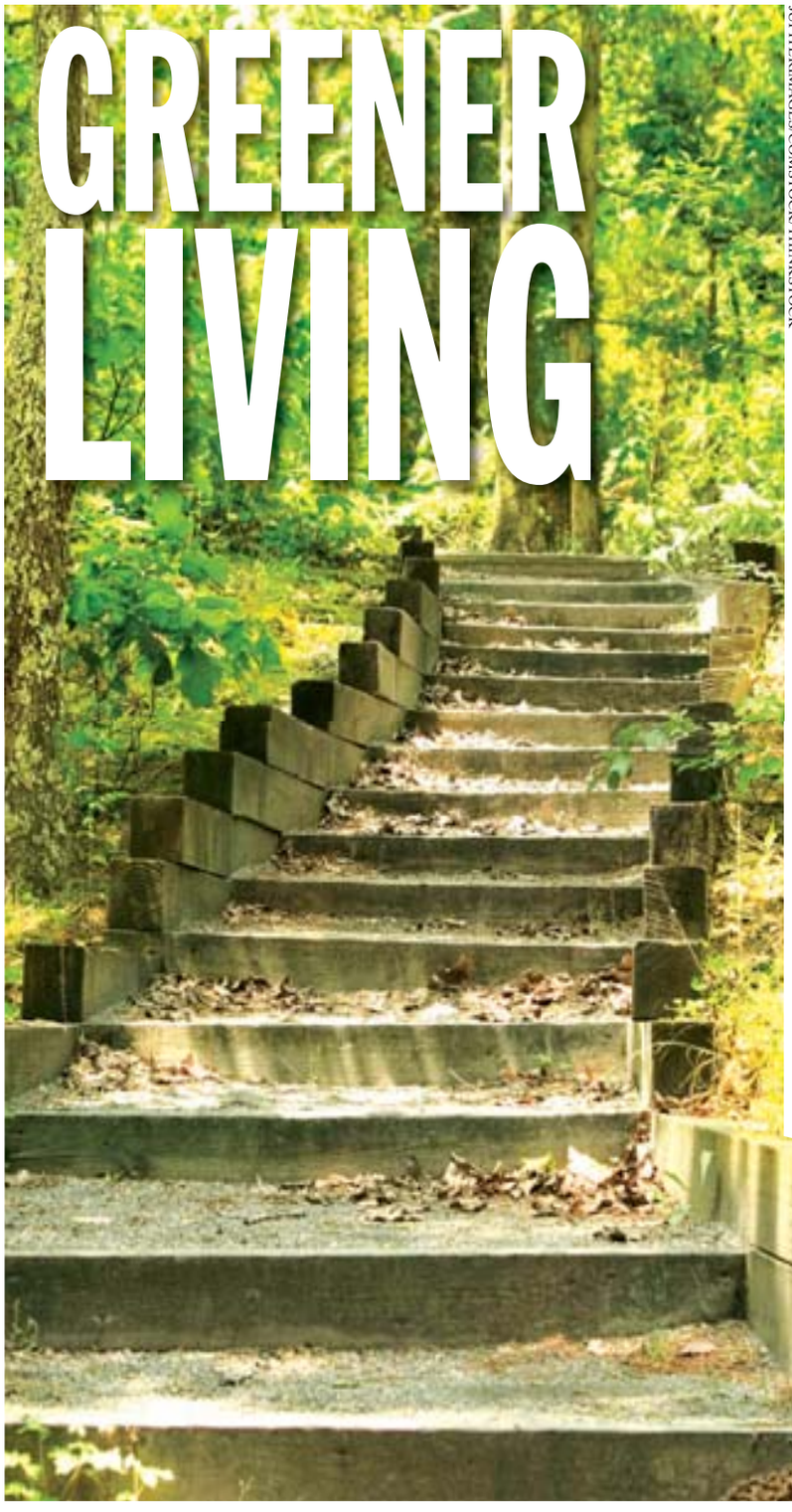
One star, Airbus's superjumbo A380, was grounded after breaking a wing tip on a taxiway structure at Le Bourget airport.

FRANCOIS MORI/THE ASSOCIATED PRESS

▶ Airbus tech staff survey the Airbus A380's damaged wing tip yesterday at Le Bourget airport, east of Paris.

The Paris Air Show is the world's oldest and most prestigious aviation showcase.

THE ASSOCIATED PRESS




JUPITERIMAGES/COMSTOCK/THINKSTOCK

# ZEROING IN ON ZERO WASTE

Did you know that when you look at North America from space, the highest point of land on the eastern seaboard is a landfill site? Now more than ever, we need to reduce, reuse and recycle.

What do you put in your garbage? Some people throw out old clothes when they can be recycled or even torn up and used as rags. A lot of food and beverage containers end up in the garbage when all you have to do is clean them out and put them into the blue box. And, of course, paper documents belong in the recycling bin too. Then there's packaging — Canadians throw away about half a kilogram of packaging each and every day, says Gill Deacon, author of Green for Life and more recently There's Lead in Your Lipstick (both Penguin Books).

Deacon and other waste experts point to the zero waste philosophy as a way to live your life — and make positive environmental changes.

"Zero waste is a philosophy and a goal to work towards," says Craig Bartlett, Manager, Waste Operations for the Region of Durham in Ontario. "Because everyone would like to see the end of garbage as we know it."

The zero waste philosophy encourages the redesign of products and resources so that all products can re-used in some way — and the amount of garbage sent to landfill minimized. It also puts the onus on everyone to reduce the amount of waste they generate.

At the same time, Jed Goldberg, president, Earth Day Canada, says it's important to remember that waste is not just something you throw into the blue box or garbage. "It's actually a measure of inefficiency. Waste is anything that's used that doesn't need to be used. It could be fuel in your car."

What we really have to do, he says, is change our attitudes about waste and even its description. "It's not garbage, it's not recycling; it's using resources that don't need to be used."

## FEATURED INSIDE:


- A NEW WAY TO DO BUSINESS
- TIPS TO REDUCE YOUR WASTE
- WASTE REDUCTION QUIZ



*Metro has partnered with Dasani to teach Canadians about Choices. Little things like choosing the bike over the car for a trip to the ice cream parlour or replacing your lightbulbs. One of the choices we made right here is printing this feature on 100% recycled paper. We can all do it. Look inside to learn more or visit* ***metronews.ca/greenerliving.***

# THE BIG PICTURE

ABLESTOCK.COM/THINKSTOCK

## A SHIFT IN THINKING HAS MADE WASTE REDUCTION A NEW WAY TO DO BUSINESS

"Zero waste has positioned people to think of recycling as a business opportunity," says Rob Cook, Chief Executive Officer, at the Ontario Waste Management Association, a non-profit organization that represents private-sector service providers.

"Over the last 10 to 15 years, we've recognized that landfill may not be the best way to deal with all materials," he says. "And people now look on at resource recovery as economically beneficial."

In the past, products were cradle-to-grave — you bought a product, used it and it ended up in the garbage.

"Now when we talk about packaging and other materials, a good cradle-to-cradle lifespan is the goal," says Bartlett — and that means the product isn't thrown out but recycled in some way into something else.

Items once thought as garbage are now used in other ways. For example, there's little scrap metal that ends up in landfill because metal is so valuable. There are technologies that can turn plastic water bottles into high value fabric or into biofuels. There are also programs to recycle toilets and sinks, and possibly shingles.

Landfill is always the last option after reduce, reuse, recycle.

### WHAT IS EXTENDED PRODUCER RESPONSIBILITY?

Environment Canada explains that as a policy approach, it's when a producer's responsibility for a product is extended to the post-consumer stage of the product's life cycle. What that means is producers are increasingly looking at ways to incorporate environmental considerations in the design of their products.

### ENVIRONMENTAL SEATING PLAN

Green Chair Events, Vancouver, is sitting pretty. The company plans and creates affordable and sustainable events, and it was recently recognized by Earth Day Canada with a 2011 Hometown Heroes Small Business award.

"We are the missing link in reducing waste between governments and organizers at events who put on things," explains company spokesperson Liliana Segal. "Our goal is to make sure all garbage and waste goes to the right place and gets reduced, reused and recycled."

To reduce waste in the workplace, Green Chair Events suggests that businesses re-negotiate flat rate garbage disposal fees so that billing is done by the amount of garbage generated.

### STUDENTS GET TOP MARKS IN RECYLING EFFORTS

Last fall students from 70 schools in six provinces participated in the Recycle My Cell Challenge and collected almost 4,000 wireless devices as well as close to 200 kilograms of batteries and other wireless accessories. Way to go!

## SUGARCANE ETHANOL FROM BRAZIL

Coca-Cola Canada uses sugarcane ethanol feedstocks in Brazil for its PlantBottle packaging. The sugarcane is considered an advanced renewal fuel by the Environmental Protection Agency and is the only first generation biofuel widely recognized around the world for its unique environmental and social performance.

## THINGS GO BETTER WITH – PLANTS!

Thirsty for something good? Coca-Cola Canada is now using plant-based materials in its new Dasani water bottle.

The company created its innovative PlantBottle™ packaging through a process that turns sugarcane into a key component of PET plastic. And, it is entirely recyclable in existing systems.

The Dasani PlantBottle is made from up to 30 per cent plant-based materials. The Company's long-term goal is to reach a 100 per cent plant-based package for all of its products.

"It's our goal to make traditional plastic bottles a thing of the past and ensure that every beverage we produce is available in 100 per cent plant-based, fully recyclable packaging," says Scott Vitters, general manager, PlantBottle Packaging Platform, The Coca-Cola Company.

The PlantBottle also helps the company reduce its carbon footprint, says Vitters. Traditional PET bottles are made from petroleum and other nonrenewable fossil fuels. But incorporating a blend of petroleum-based materials with up to 30 per cent plant-based materials means Dasani packaging reduces potential intrinsic carbon dioxide emissions when compared with PET plastic bottles.

Designed to Make a Difference™

1 unique redesigned plastic bottle

2 up to 30% made from plants

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# REDUCE YOUR WASTE:
## IT'S EASIER THAN YOU THINK

ISTOCKPHOTO/THINKSTOCK

**MICHALAK STRESSES THAT ONE PERSON CAN DO A LOT TO ENCOURAGE CHANGE AND MAKE A DIFFERENCE**

Five years ago, Rene Michalak, co-ordinator of Rethink Red Deer, a local citizen action group, started Garbage Free February as a personal challenge. The goal was to make choices that would not produce garbage and contribute to landfill, and he blogged about his experience online. Several friends took the challenge with him the next year. In year three, a dozen or so people, as well as a few businesses, took part. "Now I can't keep track anymore," says Michalak, who is also Network Manager for the Alberta Environmental Network in Red Deer, Alta. Garbage-Free February has become a community success story, and this year it may partner with the Recycling Council of Alberta.

Michalak stresses that one person can do a lot to encourage change and make a difference. Of course, one way to do that is to start thinking about what you throw out — can you divert it in some way?

Here is a checklist of other ways to reduce waste.

- Purchase recyclable and reusable goods only.
- When you see over-packaged items in retail stores, complain. That's what Jed Goldberg of Earth Day Canada did when he saw a plastic-wrapped coconut — and the store stopped doing it.
- Don't buy over packaged products — or leave the extra packaging with the retailer.
- When there's an option, always choose the product with less packaging (for example, a roll of stamps, not the large, flat package).
- Buy in bulk.
- Buy second-hand. Check websites such as Craigslist and Kijiji, and stores such as Value Village.
- Think about all the products you buy — how they are made and how you will dispose of them.
- Bring your own carry bags when you are shopping.
- Be a good role model — always practice and share positive environmental habits.
- Use re-useable coffee mugs — bring them to your favourite coffee store and the office. Avoid Styrofoam completely.
- Compost organic waste. Use the municipal green bin program if available or compost in your yard.

3 still 100% recyclable

plantbottle™

PlantBottle® packaging is made in part from renewable materials sourced from sugarcane production to bringyou the pure, crisp taste of DASANI in a bottle designed with the planet in mind.

Now available nationwide.

For more information visit livepositively.ca/plantbottle

# THE GREAT CANADIAN WASTE REDUCTION QUIZ

## TEST YOUR KNOWLEDGE ABOUT WASTE REDUCTION WITH THIS FUN QUIZ!

**1. In the grocery store**

a) You always buy bags

b) You purchase bags but use them again to pick up after your dog or for other things

c) You bring your own carry bags – and shop at bulk stores

**2. You drink your coffee out of a**

a) paper cup from the local coffee shop

b) travel mug

c) styrofoam cup

**3. When the batteries in your flashlight die, you**

a) put them back into the recharger

b) throw them into the garbage

c) set them aside for the next trip to the depot

**4. When shopping for fruit and vegetables, you buy them**

a) by weight

b) packaged

c) always canned or frozen

**5. How do you get to work?**

a) Car, rain or shine

b) Bike or public transportation

c) Ride with a colleague and split the cost of gas

**6. On a hot day, you walk by an air conditioned retail store with its doors wide open. You**

a) Go in and cool down.

b) Walk on by — what a waste!

c) Go in and speak to the manager about the wasted energy

**7. After you mow the lawn, grass clippings are**

a) Bagged and left at the curb

b) Raked up and put into the composter

c) Left on the lawn

**8. After a big family dinner, you**

a) Scrape everyone's plate into the green bin

b) Scrape everyone's plate into the garbage

c) Save the bones for the neighbour's dog, send leftovers home with some of your guests and scrap the rest into the garbage

*To see how you measure up, add up your score.*

*1. a – 1, b – 2, c – 3 2. a – 2, b – 3, c – 1 3. a – 3, b – 1, c – 2 4. a – 3, b – 1 , c – 2*
*5. a – 1, b – 3, c – 2 6. a – 1, b – 2, c – 3 7. a – 1, b – 2, c – 3 8. a – 3, b – 1, c – 2*

# RESULTS

## YOUR WASTE REDUCTION PERSONALITY

**UNDER 10 POINTS:**

Shame on you. It's time to join the war on waste... and it's really not difficult to make a difference. Reduce, reuse and recycle.

**OVER 10 POINTS:**

You're on the right track but could be more pro-active in helping to make the world a better place – by creating less waste and protecting natural resources.

**OVER 20 POINTS:**

You are an Eco Warrior leading yourself and your family and friends, no doubt, in the war on waste! Pat yourself on the back — and keep doing what you're doing!

ISTOCKPHOTO/THINKSTOCK

Scan this code or visit metronews.ca/greenerliving

## TRIM YOUR WASTE

Rethinking your relationship with waste is one of the most powerful ways you can help stop climate change. Canadians produced an average of 837 kilograms of non-hazardous solid waste in 2006, all of which goes straight into a landfill. Landfills produce about one quarter of Canada's methane emissions — and methane is a greenhouse gas more powerful than carbon dioxide.

Here's what you can do:

**REDUCE FOOD WASTE**

Throwing away food is a waste of money, time and energy. Learn how to keep your fruits and veggies fresh and edible for as long as possible

**RECYCLE**

Making sure to take our paper, plastic, and bottles and cans to the blue box recycling bins makes a huge difference on how much waste ends up in landfills. Unsure of what can be recycled? Read about the recycling resources in your city for more info.

**COMPOST**

Your garbage is about 40 per cent organic waste — composting can help divert that matter from producing dangerous greenhouse gases. You don't need a yard to compost — learn how to turn your kitchen "waste" into black gold!

**BE A SMART CONSUMER**

Companies still produce goods that have a limited lifespan so that the consumer cycle can continue. By choosing not to buy products that are over-packaged or "disposable," you are encouraging producers to be more responsible.

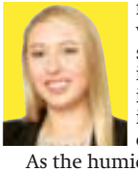
*– David Suzuki Foundation, www.davidsuzuki.org*

*The small choices we make every day can make a big difference. Like choosing to print this feature on 100% recycled paper. Or by choosing the Dasani PlantBottle, made from up to 30% plants and still 100% recyclable. Because 30% less is 30% more for the environment.*

# HEAT CAN PLAY HAVOC WITH STYLE

## SHE SAYS ...

JESSICA NAPIER
METRO



There is nothing as short and sweet as a Canadian summer. For three, maybe four, months of the year we come out of hibernation, blissfully shedding our layers of fur, fleece and goose down and remember what it's like to feel the warmth of real sunlight against our skin. However, while it's nearly impossible to dress to impress in minus-30 temperatures, looking good in the sweltering heat can be just as difficult.

As the humidex increases, the combination of greasy sunscreen and perspiration causes my carefully applied makeup to melt off my face by midday. While strolling through the city, the soles of my sandal-clad feet become caked in layers of dirt and grime. My penchant for white sundresses means I typically end up with a very obvious Jackson Pollock-esque collection of coffee, ice cream and ketchup stains all over myself.

**"My penchant for white sundresses means I typically end up with a very obvious Jackson Pollock-esque collection of coffee, ice cream and ketchup stains all over myself."**

The worst part about summer style is just how minimal it is. In the depths of winter, it's easy to forget what your body actually looks like under all of those protective layers. With the start of each summer season I experience an intense wave of panic at the thought of short shorts. Oh crap, am I ready to expose myself to the judging eyes of my fellow commuters? Why didn't I give up those late-night pizza parties?

Now it's too late. June is here and the pool party invites are flooding in.

Of course, there are some people who are more than happy to live in their swimwear during the summer months — regardless of whether or not the venue necessitates waterproof apparel. For certain misguided individuals a bikini top becomes a perfectly acceptable substitute for a bra, or even a shirt.

Exhibitionists aside, most of us — no matter what size, sex or age — really hate putting on a bathing suit.

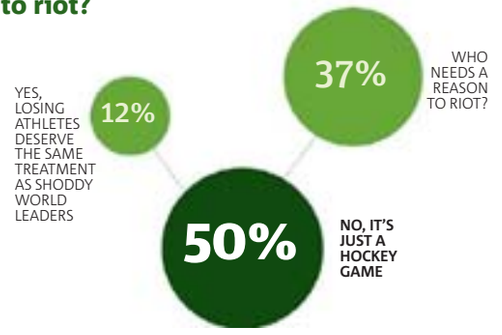
Somehow, I always manage to convince myself that I will feel much better about being nearly nude when poolside if I just buy myself a new bather. However, about 10 minutes into the experience I inevitably remember that stripping down in a badly lit fitting room to try on a two-piece is a horribly mortifying way to spend an afternoon. If you absolutely must go bathing-suit shopping this season, I recommend doing it online or immediately following a bout of stomach flu.

But I'll quit my whining now. Because even though ill-fitting swimsuits, frizzy hair and sweaty skin have me feeling like a hot mess this summer, I know it will be over far too soon.

*Read more of Jessica Napier's columns at metronews.ca/shesays*

**metro life panel** **Register at metrolifepanel.ca and take the quick poll**

### Is losing the Stanley Cup a valid reason to riot?


37%
WHO NEEDS A REASON TO RIOT?
12%
YES, LOSING ATHLETES DESERVE THE SAME TREATMENT AS SHODDY WORLD LEADERS
50%
NO, IT'S JUST A HOCKEY GAME

### Local tweets

- **@thecurvy gourmet:** Is spending this gorgeous day with @TeresaBateman exploring gorgeous #YVR We just saw a seal in false creek :) How awesome!
- **@jeffgladstone:** On my way to sound check for the #jessies! #theatre #yvr #goodtimes
- **@thelizzypearl:** I'm on a hunt for the classic treat After Eight mints. Know a store in #yvr where I can grab some?
- **@Shawniggan:** Back in the, back in the, back in the #YVR! Sing it with me
- **@SUNDaleD:** I heard E-lynchings are trending in vancouver #riots #yvr
- **@CarrotLines:** We don't feel it's like "summer" yet — Do U? #random #thoughts #YVR
- **@n8brophy:** #Canucks posted a league-leading 117 points during the Regular Season. @VancouverPD score 117 arrests Post #riot. Coincidence? #yvr

**@TranBC:** How will it benefit you? #NorthVancouver & #YVR commuters on the opening of 2 new bus-only lanes on Marine Dr. http://ow.ly/5m99L

## Worth mentioning

**WASHINGTON.** Sea levels have been rising significantly over the past century of global warming, according to a study that offers the most detailed look yet at the changes in ocean levels during the last 2,100 years.

Researchers found that since the late 19th century — as the world became industrialized — the sea level has risen more than two millimetres per year, on average. That is a little less than one-tenth of an inch, but it adds up over time.

It will lead to land loss, more flooding and saltwater invading bodies of fresh water, said lead researcher Benjamin Horton, whose team examined sediment from the state of North Carolina's Outer Banks. He directs the Sea Level Research Laboratory at the University of Pennsylvania.

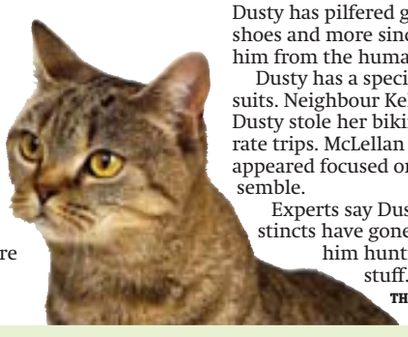
The predicted effects he cites are not new and are predicted by many climate scientists. But outside experts say the research verifies increasing sea-level rise compared to previous centuries. Horton said rising temperatures are the reason behind the higher sea level.

THE ASSOCIATED PRESS

## Cartoon by Michael de Adder

WEIRD NEWS

## Hot on the trail of a felonious feline



A prolific cat burglar has stolen hundreds of precious possessions from homes near San Francisco.

But police are staying off the case — the burglar really is a cat.

Dusty, a five-year-old feline from San Mateo, Calif., has taken hundreds of items during his nearly nightly heists. Owner Jean Chu told the San Francisco Chronicle that Dusty has pilfered gloves, towels, shoes and more since she adopted him from the humane society.

Dusty has a special love for swimsuits. Neighbour Kelly McLellan says Dusty stole her bikini — on two separate trips. McLellan said the cat appeared focused on keeping the ensemble.

Experts say Dusty's predatory instincts have gone astray, leaving him hunting for people's stuff.

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**The launch of the cryptic website Pottermore.com has sent J.K. Rowling fans into a frenzy So what exactly does the Harry Potter author have up her sleeves? We don't know (even Daniel Radcliffe has no clue) but we sure had fun taking a guess**

# POTTERMORE?

NICHOLAS LIM
SCENE@METRONEWS.CA

J.K. Rowling has launched a new website, Pottermore.com, but sadly and mysteriously, it holds little more than a pair of tree-perched owls and an enticing Coming Soon banner.

Clicking on the owls will bring you to a YouTube page that shows a timer, counting down to the day of an announcement, which is slated to happen June 23 at 12 p.m. British Summer Time.

No one in the world (well, except Rowling and her little team of cloak-wearing colleagues) knows what is hitting the Muggle world.

We can only speculate — and speculate we will!

TORSTAR NEWS SERVICE

### New Line of Fragrances

**How likely it is to happen: 1/5**

There is already a Harry Potter perfume out there but it surely does not hurt to smell like the many other characters in that magical universe. Professor Umbridge does seem awfully nice-smelling on screen, no?

### A musical? A TV series?

**How likely it is to happen: 2/5**

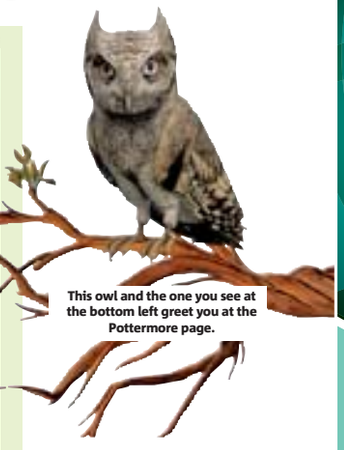
It's a natural progression for books these days. If a film is done, let's head to Broadway! Or sell the rights to broadcasting companies and have their studios produce a full season of TV episodes. It's an old-trick but it certainly keeps the fans happy and the profits-margin sky high.

### A Smartphone?

**How likely it is to happen: 4/5**

The online community is buzzing with excitement that a new Potter-product could be released next — and this time, a Smartphone. We love phones and the smarter the phones are, the happier we will be. However, unless this Potter Smartphone acts like the Elder Wand and we are able to cast actual spells with it, we are not too excited about it. (But if the screen lights up when we say "Lumos," we may just reconsider making a purchase.)

GETTY IMAGES

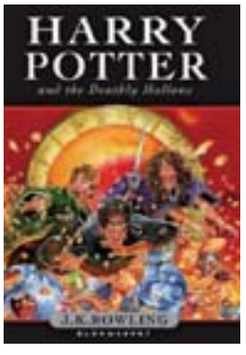


This owl and the one you see at the bottom left greet you at the Pottermore page.

### An Entirely New Book?

**How likely it is to happen: 3/5**

Rowling did say (many, many times) that there would not be a sequel to the Harry Potter series. However, she did not say that spin-offs and prequels and crossover novels are out of the question.




### Harry Potter and the 8th Book

**How likely it is to happen: 0/5**

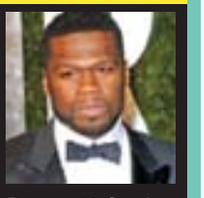
It is more possible that an owl will deliver your acceptance letter to Hogwarts tomorrow than hearing Rowling announcing an eighth book in the series. She is very particular about numbers and magic, and given how seven horcruxes come together in seven books so beautifully, it is very unlikely that Rowling will destroy her own masterpiece by adding an eighth book.

Harry's story ended on a perfect note, and unless Rowling has an even more perfect way to extend the story, we are betting that The Deathly Hallows is the last book. Yes, we are sad too but we have to move on, and the final film is waiting for us next month.

At least that is definitely going to happen.

## 2 scene

### Scene in brief



Rapper 50 Cent's newest work of fiction will have an anti-bullying message.

The Penguin Young Reader Group has signed up 50 Cent's novel Playground. The publisher announced Monday that the book is a semi-autobiographical young adult novel about bullying that will come out in January 2012. The 34-year-old rapper, whose real name is Curtis Jackson, has acknowledged a violent childhood and dealing drugs at an early age.

He's also released a memoir, From Pieces to Weight, and a self-help guide co-authored by Robert Greene called The 50th Law.

THE ASSOCIATED PRESS

Self-published thriller writer John Locke sells 1 million e-books on Kindle

# Wake-up call for Amy Winehouse

**Singer barely makes through first concert of her comeback tour ◐ Paid a visit to rehab in the U.K. recently ◐ Doctors now 'coming down hard on her'**

Amy Winehouse's planned comeback tour ended abruptly on the first night after the troubled singer slouched through a Belgrade concert, dropping her microphone at times and letting a backup singer finish songs for her, according to reports from the BBC.

The next two stops on the tour, in Istanbul and Athens, have been scrapped because "she cannot perform to the best of her ability" and feels "this is the right thing to do," her rep says.

Doctors back in the U.K., where Winehouse recently paid a quick visit to rehab, are warning the singer that she has to finally clean up her act.

"It's the last chance saloon for Amy," a source says, according to Popeater.

"Doctors have come down hard on her because of the severity of her situation. It's a harsh reality, but she had to hear it."

METRO

THE ASSOCIATED PRESS

▶ Winehouse has cancelled the next two stops on her tour.

# Cheryl says she's just fine

ALL PHOTOS GETTYH IMAGES

▶ Cheryl Cole

Cheryl Cole insists that she's doing fine after being dropped from the U.S. edition of X Factor and she doesn't want people feeling sorry for her, according to the Mirror.

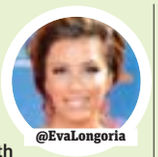
"I'm under no pressure and I actually feel the happiest I've felt in a long, long time," Cole says, according to the newspaper.

"I've got a big place, I have enough money — and if I never get photographed again, I don't care."

Cole, who has had to deal with both losing her job and dissolution of her marriage to soccer star Ashley Cole this year, is looking forward to taking a vacation, something she claims she's never done before.

METRO

## Celebrity tweets



@EvaLongoria

"Every time i fall in love with a character on Game of Thrones, they die!"

@katyperry

"After a cocktail of prescribed drugz I think I'ma be able to fist pump my way through tonight..."

@russellcrowe

"Total bs article, i am not involved in dark tower at all. this is what 'journalism' has become, a game of pretend"

@GaryShandling

"Here's my security tip if you want to get through the airport quickly: Do NOT wear the 'Al Queda rocks!' t-shirt."

# Gaga back with her bf

Just a month after announcing they'd broken up, Lady Gaga is reportedly back with on-again, off-again boyfriend Luc Carl, according to Us Weekly.

"They had a little fight. I think the breakup lasted a week or two," a source says.

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- Proven track record in profitable selling.
- Creative, efficient, flexible, entrepreneurial, collaborative, detail oriented.

**Individuals interested and having the skills described are requested to submit their resume and cover letter via email to hr@metronews.ca no later than June 30, 2011. PLEASE QUOTE: "Retail Sales Representative - Vancouver" in the subject line. All submissions will be treated as confidential.**

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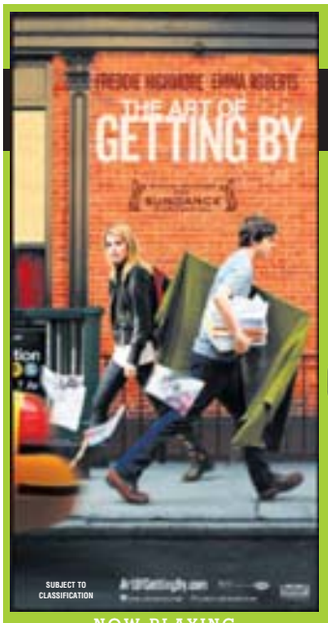


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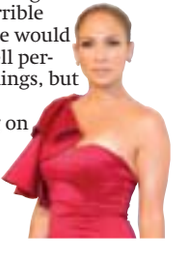
# 'There's no sex tape' says Lopez

Jennifer Lopez is speaking out about the ongoing legal battle with ex-husband Ojani Noa over home videos from their marriage that he wants to release, a move Lopez has been fighting to block.

"My first husband has tapes of us from our life. It's horrible," Lopez tells Culture magazine. "It's horrible someone would try to sell personal things, but there's nothing on it. There's no sex tape."



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# Cutting the belly fat

**New research shows the science behind why carbs can cause belly fat Researchers say that findings are important because abdominal fat is known to increase diabetes and strokes**

CELIA MILNE
LIFE@METRONEWS.CA

How do you get rid of that deep belly fat? Reduce carbs such as white rice, white bread and potatoes.

Visceral fat isn't what we think of as blubber. It's a very tenacious fat that lurks deep within our bodies, surrounding our vital organs, and it's really tough to get rid of. Too much visceral fat is known to increase your risk of developing type 2 diabetes, stroke and coronary artery disease. Even skinny people sometimes have excess visceral fat.

Researchers in the nutrition department of the University of Alabama did an experiment in which they put 69 healthy overweight men and women on one of two diets for 16 weeks.

People received either a reduced carb diet (43 per cent carbs, 18 per cent protein, 39 per cent fat) or a standard diet (55 per cent carbs, 18 per cent protein, and 27 per cent fat).

After eight weeks, the lower carb diet reduced insulin production in the body, thus resulting in loss of visceral fat. This occurred even though calorie intake was set for weight maintenance.

"This research is newsworthy because abdominal fat is known to increase risk of developing diseases such as type 2 diabetes, stroke, and coronary artery disease," says Barbara Gower, a professor in the department of nutrition sciences at University of Alabama. Decreasing carbs is a good way to reduce your risk of developing these chronic diseases without taking medication, she adds.

For the second eight weeks of the study, calorie intake was set for both groups to lose weight.

The lower carb group lost more total body fat than the standard diet group.

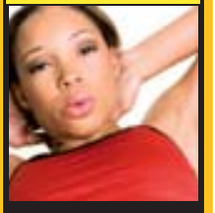
The study was presented recently to the Endocrine Society in Boston.

ISTOCK PHOTOS

▶ No carbs? No kidding.

3 life

**Carb intake**



Besides reducing your carb intake, another way to reduce visceral belly fat is to exercise. Researchers at Duke University Medical Center say the more exercise you do, the better. To prevent visceral fat from accumulating, walk briskly for 30 minutes six times a week (or equivalent).
To reverse visceral fat that's already there, boost the intensity or duration. CELIA MILNE

**Food allergies affect about 1 in 13 U.S. kids; almost 40 per cent have bad reactions**

# Half the man he used to be

BEN KNIGHT
LIFE@METRONEWS.CA

Almost a quarter of all Canadian men and women are obese.

At a time when the health risks of overeating are better understood than ever, why does this problem persist?

Why is it so difficult for many of us to heed the warnings, and get our appetites under control?

Bob Fisher can tell you. The 60-year-old Toronto native's weight peaked at 336 pounds before he finally sought the help of Overeaters Anonymous in 1982.

After 28 years in the program, he is — quite literally — half the man he used to be.

"I have lost half of me," he says.

"This morning, I weigh 169."

As Fisher recalls his journey into and away from obesity, it quickly becomes clear overeating is not a simple issue.

"What I found was I was using food to change the quality of my life," he recalls.

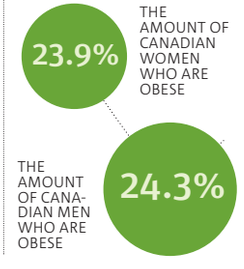
"It was my drug of choice. I never even recognized, really, what I was doing. Everyone told me it was a matter of willpower — and it had nothing to do with willpower."

It's not just a matter of stopping, then.

No amount of scary predictions from doctors, friends or family made any difference at all to Fisher at the time.

**Statistics**

Looking at the percentages of obese people.




"If knowing the risks got somebody to stop doing something, there would be no need for any of the programs to tell people to stop smoking, for example. I smoked 60 to 65 cigarettes a day. I haven't had a cigarette in 22 years."

So how does anyone ever break this vicious, potentially lethal cycle?

"The first thing you have to do is admit that whatever it is you're doing isn't working," Fisher says.

"And it's not just the food that is unmanageable. Everything is unmanageable. You say 'I'm not quite sure what will work,' but the first thing to do is admit there's a problem going on, and that extra piece of chocolate layer cake is not going to make it all better."

Many overweight people find themselves constantly judged by others around them.

Fisher counters it is vitally important to remove judgment from the equation.

"Overeating is a disease. It doesn't make you a good person or a bad person. I don't say I was good with my food today. I simply say that I didn't eat compulsively today."

For more info on Overeaters Anonymous, check out oa.org.

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# North America's first-ever mobile tandoori oven

**While it provides a quick and filling lunch, food truck has some work to do**

## LUNCH RUSH

ERIN IRELAND
FOOD@METRONEWS.CA

In 3300 BCE, back in ancient Pakistan, tandoori ovens were marked down in history books for the very first time. Thousands of years later, North America's first mobile tandoori oven has emerged in a bright green truck on the streets of Vancouver.

Though Naan Wraps' Butter Chicken Meatballs ($6.99) and the Paneer — Indian-spiced cheese and creamy tomato sauce with rice ($6.48) — were tempting, I settled on the Tandoori Chicken Naanwrap ($6.48), which was, above all, large and over-chewy.

The smoky, yogurt and spice-marinated chicken was the highlight of the uncommon lunch item. Though the naan bread ($1.49 on side) was cooked in the truck's propane-fired tandoor — which led me to anticipate something hot and melt-in-the-mouth — it was tough, like a thick pita. The over-spiced rice also backfired by masking other flavours.

The Mango Lassi ($3.49), on the other hand, was delicious.

**Naan Wraps**
**Burrard & W. Pender (locations vary)**
**naanwraps@gmail.com**
**Quick solo lunch: Yes**
**Social lunch: Yes**
**Licensed: No**
**Price range: $6**
**Rating: 2 out of 5**

ERIN IRELAND

▶ Tandoor Chicken Naanwrap and Mango Lassi.

## Shrimp Appetizer

Here is a sensational yet incredibly simple appetizer to serve with cocktails or wine before dinner on the patio or at the cottage this summer.

### Preparation:

1. In a pan, heat sunflower oil. Add onion, green pepper and garlic to taste and cook for 5 minutes. Add mustard and cook for another 2 minutes.
2. Add shrimp and cook for 5 minutes longer, mixing with a spatula. Season to taste. Serve with a salad of herbs such as chives, chervil, parsley and basil. **THE CANADIAN PRESS/ MAILLE**

### Ingredients:

- 15 ml (1 tbsp) sunflower oil
- 1 onion, finely chopped
- 1 green pepper, chopped
- 1 to 3 cloves garlic, crushed
- 30 ml (2 tbsp) old-style mustard
- 12 fresh shrimp

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# SOCIAL FAUX-PAS NO MORE

## CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA

**Hello and welcome to my new weekly column. You might be wondering what a butler could possibly have to write about on a weekly basis — but before we get to that, why don't I tell you a little abut myself.**

As a butler, I have had the honour and privilege to work privately for one of Canada's most famous and gracious families. After many years, I left their employ in 1996 to open my company — Charles MacPherson Associates. It is based in Toronto where we have the only registered Butler Academy in North America. In addition to our Academy, we also place domestic and hospitality staff both in North America and globally. As well, we provide private training around the globe for luxury hotels and private residences.

In the past year alone, I have travelled and worked in London, Paris, Tokyo, Mumbai, Hyderabad, Dubai, New York, Chicago, Los Angeles, and Johannesburg. I invariably come home with a plethora of great stories and interesting cross-cultural knowledge. I have had the opportunity of meeting world leaders, movie stars, supermodels, royalty, millionaires and billionaires, and I'm now here to share my knowledge and experiences with you, the readers of Metro.

As Metro's new expert on social etiquette, I am here to answer all your questions relating to these issues.

From "Do I need to send a thank you note or can I just email or call?" to "What kind of gift is appropriate for a two-night cottage visit" to "My mother-in-law-to-be insists on being involved in all the decisions for my wedding and I don't know how to deal with her without making her feel bad" to "I drive a pretty beat up old car and wonder if it's appropriate to pick up a first date in it?"

So let's get busy! Send me your question to askcharlesthebutler@metronews.ca and remember to look for my column every Tuesday, starting next week!

ISTOCK IMAGES

▶ Not sure how to handle yourself at that big soirée? Charles the Butler can pass on some expert tips.

# SHE NEEDS HER OWN FRIENDS

## TWO SISTERS

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

**My girlfriend and I have been dating for over a year now, and things are great, but she doesn't hang out with her friends anymore. How can I show her having her own friends is healthy and get her out of my hair? Strangled.**

**Claire:** Dear BF/BFF,

Your girlfriend sounds like the type that likes to cocoon in bliss with you and forget about the rest of the world.

Make sure you're clear on how uncomfortable her nesting is making you, and that you don't find it attractive.

This will probably get her butt off the bed and out into the world.

**Andrea:** Dear Strangled,

I'd recommend that you change your habits for a while: be more independent, and spend more time alone with the guys.

Remind her how much fun it is to miss each other.

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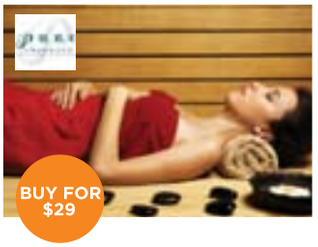


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# STAYCATIONS ARE IN

## FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

With skyrocketing fuel prices and the expensive hassles associated with modern day travel, many Canadians are opting to stay close to home this summer rather than vacationing to Europe.

Forgo the stress and inconveniences of long security lines, lost luggage and expensive tickets; and enjoy your vacation time close to home. So long as you stay within a reasonable budget, staycations can save you thousands of dollars each year!

The key to relaxing is to avoid connecting with your workplace. Leave file folders at work and turn off your laptop and smartphone. Resist the temptation to "check in" by having your partner hide your mobile devices.

Ignore major household chores, unless you find building fences and cleaning the garage relaxing. Clean, pay bills and grocery shop before your start your holiday time so you can dodge these routine tasks.

Sleep in, read books, play with your kids, watch movies, meet friends and try new recipes. Enjoy the outdoors by picnicking, biking or hiking on local trails. Hit up nearby beaches or swimming pools.

Visit museums, shopping centres, science centres, amusement parks, zoos and other attractions. Many tourist attractions have discounts for locals.

Vacation time is meant to help you recharge your batteries and enjoy your surroundings. Do things that are fun and frugal and try not to overbook your schedule. Just relax!

# Empowering a special group

## ON MONEY

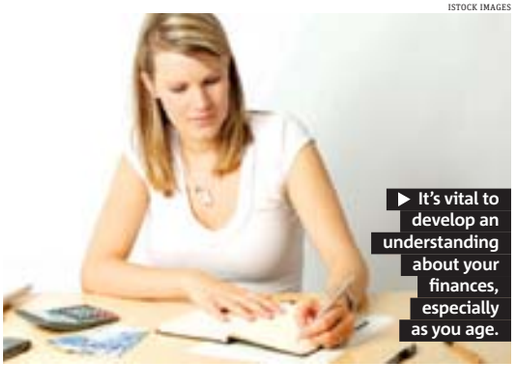
ALISON GRIFFITHS
MONEY@METRONEWS.CA

Is this you — or someone you know? Female, over 55, lower income and possibly an immigrant. If so, there's help out there to navigate an increasingly complex financial world.

"The evidence is clear cut — older women are the most disadvantaged group financially, and this alone can lead to more difficulty as they age," says Alexandra Wilson, national project coordinator at the National Initiative for the Care of the Elderly (NICE).

With a tsunami of attention being focused on financial education in schools and credit and debt education for indebted Canadians, older, low-income women have, until now, been largely forgotten.

ISTOCK IMAGES



▶ It's vital to develop an understanding about your finances, especially as you age.

The NICE project, funded by Status of Women Canada and sponsored by BMO, is rolling out a series of workshops in B.C., Ontario and Quebec aimed at putting financial tools in the hands of this vulnerable group.

The good news is that developing an understanding about money is very empowering. Just learning what programs are out there, such as the Guaranteed Income Supplement for those over 65, can give women a sense of relief about their future. Go to servicecanada.gc.ca and search for Guaranteed Income Supplement.

Each workshop will cover eight topics including developing a financial plan, preventing financial abuse and managing credit and debt.

If you don't live in one of the areas serviced by the workshops you can still access the information and useful tools at nicenet.ca — go to Projects then Older Women and Financial Literacy — the Financial Literacy for Older Adults Toolkit link is on the left-hand side.

Dealing with financial illiteracy at an older age can be one of the hardest things in the world. It's also very worrying for those who have an older, low-income woman as a family member or friend. But the often worry of what may become of her now has an answer.

### NICE workshops

- **The B.C. workshop** is already underway but a new series throughout the Lower Mainland will be available in the fall.
- **To sign up** contact Kami Lau at 604-763-2291 or at kami.lau@nicenet.ca

POPQUIZ

How can your families save money during tax season this year?

A: Use the Universal Childcare benefit towards your children's RESP.

B: Stop feeding growing teenagers second helpings at dinner.

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in Lesley Scorgie's Fun and Frugal Column:
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# Diversify your TFSA

**Your Tax Free Savings Account can help you save for big purchases, trips, kids' education or buying a house**

It's been three years since the Tax Free Savings Account or TFSA was first introduced. And, if you're like most Canadians, you might have a modest amount in a savings account that is perhaps making one or two per cent interest — if you're lucky.

Well, now it's time to shake things up with a little diversification.

CONTRIBUTED

▶ Consider using your TFSA to save for retirement.

### Do you know how much contribution room you have?

When the TFSA was first introduced, you were eligible to deposit an annual maximum of $5000. If you made any withdrawals, that amount would be carried forward to the following year. That means that this year you could potentially put away $15,000.

One way to confirm the exact amount is to review your Letter of Assessment that you received from Revenue Canada after filing your taxes.

### A great opportunity if you've maxed your RRSPs

If you've successfully reached your RRSP contribution limit, the TFSA is an excellent retirement savings alternative. Remember, your TFSA deposits are tax-free and tax-receipt-free.

In other words, you will not receive a tax receipt for your deposits nor will your withdrawals be taxed like an RRSP. This means more money will stay in your pocket.

### No longer just savings accounts

TFSA accounts come in many different formats, which offers you many ways to grow your money. Some people are choosing investment options like stocks, bonds, mutual funds and guaranteed investment funds or GIFs.

Also, you now have the option of borrowing the full $15,000 to invest. Unlike other investment loans, the interest paid on this loan cannot be used as a tax write-off. NEWS CANADA

# Nadal, Williams make easy work of first round

## Former champions both win in straight sets Murray drops a set, then wins three straight

Rafael Nadal opened his Wimbledon title defence with a convincing victory yesterday, beating Michael Russell 6-4, 6-2, 6-2 on a "fantastic" day while his parents watched from the Royal Box.

In keeping with tradition, the defending men's champion played the first match on Centre Court at the All England Club — and the top-ranked Spaniard put on a worthy performance to begin the 125th edition of the championships.

Five-time women's champion Venus Williams, back on her favourite grass surface, also swept into the second round with a 6-3, 6-1 win over 97th-ranked Akgul Amanmuradova of Uzbekistan.

On a day when rain washed out 31 matches on the outside courts, fourth-seeded Andy Murray also moved into the second round, winning in four sets against Daniel Gimeno-Traver in a match played entirely under the retractable roof over Centre Court.

Nadal, coming off his sixth French Open title and 10th overall Grand Slam championship, double-faulted to go down a break 4-2 in the first set against the 91st-ranked Russell. But Nadal buckled down, ran off six straight games to take the set and go up a break in the second. He was in command the rest of the way against the 33-year-old American.

"I started so-so in the first set, but after that I start to hit very well the forehand and I think I finished playing a very good level," Nadal said.

Earlier, Canadian Milos Raonic made his Grand Slam grass-court singles debut with a 6-3, 7-6 (3), 6-3 victory over Frenchman Marc Gicquel.

THE ASSOCIATED PRESS

### The rematch

**Anyone at Wimbledon a year ago, it seems, remembers bits and pieces of the longest match in tennis history, the 11-hour, five-minute marathon between John Isner and Nicolas Mahut.**

- Get ready for the rematch, scheduled to begin today at the All England Club.
- Fittingly, perhaps, Isner-Mahut II might not finish today. That's because theirs is the fourth match on tap for Court 3 — and the forecast calls for rain.
- Court 3 holds 1,980 spectators, about 1,200 more than tiny Court 18, which now bears a plaque noting it was the site of the 2010 original Isner-Mahut.

ANJA NIEDRINGHAUS/THE ASSOCIATED PRESS

▶ Rafael Nadal reacts after defeating Michael Russell yesterday.

# Diabetes didn't end Chick's sports dreams

The CFL's 2009 most outstanding defensive player of the year hosted an information session about diabetes yesterday, sharing the story of his own experience.

"(I was) disappointed," said Chick, who now plays for the NFL's Indianapolis Colts. "I wasn't sure what I'd be able to do as an athlete with Type 1 diabetes."

His diagnosis came at the age of 14 and threatened to end his childhood dreams of playing professional sports.

He credits discipline with his insulin injections and a transition to an insulin pump for ensuring that diabetes no longer has a significant influence on his day-to-day life.

DAVID PROCTOR

## Sports in brief

### Ramsay ruled out in 'Peg

**NHL.** The new NHL team in Winnipeg is truly starting fresh.

Former Atlanta Thrashers head coach Craig Ramsay was informed yesterday that he had been ruled out for the position in Winnipeg, ensuring that the franchise will have new faces in all key positions. THE ASSOCIATED PRESS

### Habs re-sign Pacioretty

**NHL.** The Montreal Canadiens re-signed injured winger Max Pacioretty to a two-year contract extension yesterday.

THE CANADIAN PRESS

4 sports

**Quoted**

**"I've managed since I was 14 years old. I'll probably manage until I'm 95."**

NEW FLORIDA MARLINS INTERIM MANAGER JACK MCKEON, 80. HE BECOMES THE SECOND-OLDEST MANAGER IN MAJOR LEAGUE HISTORY. CONNIE MACK MANAGED THE PHILADELPHIA ATHLETICS IN A SUIT, TIE AND STRAW HAT UNTIL 1950, WHEN HE WAS 87.

Scan code for more sports news.

# MAJOR LEAGUE BASEBALL

## AMERICAN LEAGUE

**EAST DIVISION**

| | W | L | Pct | GB |
|---|---|---|---|---|
| Boston | 44 | 28 | .611 | — |
| New York | 42 | 29 | .592 | 1½ |
| Tampa Bay | 40 | 33 | .548 | 4½ |
| Toronto | 36 | 37 | .493 | 8½ |
| Baltimore | 33 | 37 | .471 | 10 |

**CENTRAL DIVISION**

| | W | L | Pct | GB |
|---|---|---|---|---|
| Cleveland | 39 | 32 | .549 | — |
| Detroit | 39 | 34 | .534 | 1 |
| Chicago | 35 | 39 | .473 | 5½ |
| Minnesota | 31 | 39 | .443 | 7½ |
| Kansas City | 31 | 41 | .431 | 8½ |

**WEST DIVISION**

| | W | L | Pct | GB |
|---|---|---|---|---|
| Texas | 39 | 35 | .527 | — |
| Seattle | 37 | 35 | .514 | 1 |
| Los Angeles | 36 | 38 | .486 | 3 |
| Oakland | 33 | 40 | .452 | 5½ |

## INTERLEAGUE

**Last night's results**
Atlanta 2 Toronto 0
Baltimore 8 Pittsburgh 3
Boston 14 San Diego 5
Chicago Cubs 6 Chicago White Sox 3
Colorado 8 Cleveland 7
L.A. Angels 2 Florida 1
N.Y. Yankees 5 Cincinnati 3
Tampa Bay 8 Milwaukee 4
Texas 8 Houston 3
L.A. Dodgers 4 Detroit 0
**Sunday's results**
Cleveland 5 Pittsburgh 2 (11 ings)
L.A. Angels 7 N.Y. Mets 3
Cincinnati 2 Toronto 1
Baltimore 7 Washington 4
Boston 12 Milwaukee 3
Atlanta 4 Texas 2
Tampa Bay 2 Florida 1
Minnesota 5 San Diego 4
St. Louis 5 Kansas City 4
Detroit 9 Colorado 1
Oakland 2 San Francisco 1
Chicago White Sox 8 Arizona 2
Seattle 2 Philadelphia 0
N.Y. Yankees 10 Chicago Cubs 4
**Tonight's games**
Baltimore (Guthrie 2-8) at Pittsburgh (Ja.McDonald 5-4), 7:05 p.m.
Colorado (Chacin 8-4) at Cleveland (Talbot 2-4), 7:05 p.m.
Seattle (Fister 3-8) at Washington (L.Hernandez 4-8), 7:05 p.m.
L.A. Angels (E.Santana 3-7) at Florida (Vazquez 3-7), 7:10 p.m.
N.Y. Yankees (B.Gordon 0-0) at Cincinnati (Cueto 4-2), 7:10 p.m.
Oakland (Outman 2-1) at N.Y. Mets (Gee 7-0), 7:10 p.m.
San Diego (Latos 4-8) at Boston (Beckett 6-2), 7:10 p.m.
Toronto (Z.Stewart 0-0) at Atlanta (Minor 0-2), 7:10 p.m.
Houston (Lyles 0-2) at Texas (C.Wilson 7-3), 8:05 p.m.
Arizona (J.Saunders 3-7) at Kansas City (Hochevar 4-7), 8:10 p.m.
Chicago Cubs (Garza 3-6) at Chicago White Sox (Buehrle 6-5), 8:10 p.m.
Tampa Bay (Hellickson 7-5) at Milwaukee (Greinke 6-2), 8:10 p.m.
Detroit (Scherzer 9-2) at L.A. Dodgers (Billingsley 5-6), 10:10 p.m.
Minnesota (Pavano 4-5) at San Francisco (Bumgarner 3-8), 10:15 p.m.

## NATIONAL LEAGUE

**EAST DIVISION**

| | W | L | Pct | GB |
|---|---|---|---|---|
| Philadelphia | 45 | 28 | .616 | — |
| Atlanta | 41 | 33 | .554 | 4½ |
| New York | 35 | 37 | .486 | 9½ |
| Washington | 35 | 37 | .486 | 9½ |
| Florida | 32 | 41 | .438 | 13 |

**CENTRAL DIVISION**

| | W | L | Pct | GB |
|---|---|---|---|---|
| St. Louis | 40 | 33 | .548 | — |
| Milwaukee | 40 | 34 | .541 | ½ |
| Cincinnati | 38 | 36 | .514 | 2½ |
| Pittsburgh | 35 | 37 | .486 | 4½ |
| Chicago | 30 | 42 | .417 | 9½ |
| Houston | 27 | 47 | .365 | 13½ |

**WEST DIVISION**

| | W | L | Pct | GB |
|---|---|---|---|---|
| San Francisco | 39 | 33 | .542 | — |
| Arizona | 39 | 34 | .534 | ½ |
| Colorado | 36 | 36 | .500 | 3 |
| Los Angeles | 33 | 41 | .446 | 7 |
| San Diego | 30 | 44 | .405 | 10 |

**Sunday's result**
L.A. Dodgers 1 Houston 0
**Tonight's game**
Philadelphia (Halladay 9-3) at St. Louis (McClellan 6-3), 8:15 p.m.
**Tomorrow's game**
Philadelphia at St. Louis, 8:15 p.m.

## BRAVES 2, BLUE JAYS 0

| Toronto | ab | r | h | bi | Atlanta | ab | r | h | bi |
|---|---|---|---|---|---|---|---|---|---|
| YEscor ss | 4 | 0 | 1 | 0 | Schafer cf | 4 | 0 | 1 | 0 |
| CPttrsn lf | 4 | 0 | 0 | 0 | AlGnzlz ss | 3 | 0 | 1 | 0 |
| Bautist rf | 4 | 0 | 0 | 0 | Heywrd rf | 4 | 0 | 1 | 0 |
| Lind 1b | 4 | 0 | 0 | 0 | Fremn 1b | 3 | 0 | 0 | 0 |
| A.Hill 2b | 3 | 0 | 0 | 0 | Uggla 2b | 4 | 0 | 1 | 0 |
| Arencii c | 3 | 0 | 1 | 0 | D.Ross c | 2 | 0 | 1 | 0 |
| RDavis cf | 3 | 0 | 0 | 0 | McLoth lf | 2 | 0 | 0 | 0 |
| J.Nix 3b | 2 | 0 | 0 | 0 | DHrndz 3b | 3 | 1 | 0 | 0 |
| Encrnc ph | 1 | 0 | 0 | 0 | THudsn p | 3 | 1 | 1 | 2 |
| L.Perez p | 0 | 0 | 0 | 0 | Kimrel p | 0 | 0 | 0 | 0 |
| Camp p | 0 | 0 | 0 | 0 | | | | | |
| RRomr p | 2 | 0 | 0 | 0 | | | | | |
| McCoy 3b | 0 | 0 | 0 | 0 | | | | | |
| **Totals** | **30** | **0** | **2** | **0** | **Totals** | | **28** | **2** | **6** | **2** |

| | | | |
|---|---|---|---|
| **Toronto** | 000 | 000 | 000 | **0** |
| **Atlanta** | 000 | 000 | 20x | **2** |

E—Y.Escobar (7), Freeman (5). DP—Toronto 1. LOB—Toronto 4, Atlanta 6. 2B—Ale.Gonzalez (13), Heyward (6). HR—T.Hudson (1). SB—Heyward (4), McLouth (2). CS—Schafer (4).

| Toronto | IP | H | R | ER | BB | SO |
|---|---|---|---|---|---|---|
| R.Romero L,6-7 | 7 | 6 | 2 | 2 | 2 | 4 |
| L.Perez | 2-3 | 0 | 0 | 0 | 1 | 1 |
| Camp | 1-3 | 0 | 0 | 0 | 0 | 0 |
| **Atlanta** | | | | | | |
| T.Hudson W,6-6 | 8 | 2 | 0 | 0 | 1 | 8 |
| Kimbrel S,20-25 | 1 | 0 | 0 | 0 | 0 | 3 |

T.Hudson pitched to 2 batters in the 9th.
HBP—by R.Romero (Freeman).
Umpires—Home, Angel Hernandez; First, Angel Campos; Second, Chad Fairchild; Third, Joe West.
T—2:20. A—22,937 (49,586).

## CALENDAR

**July 12** — All-Star game, Phoenix.
**July 24** — Hall of Fame induction, Cooperstown, N.Y.
**July 31** — Last day to trade a player without securing waivers.
**Aug. 15** — Last day to sign selections from 2011 amateur draft who have not exhausted college eligibility.
**Sept. 1** — Active rosters expand to 40 players.
**Sept. 30 or Oct. 1** — Playoffs begin.
**Oct. 19** — World Series begins.
**November** — Free agent period to sign exclusively with former teams, first 15 days after World Series ends.

# TENNIS

## WIMBLEDON

**At London**
**Yesteday's results**
**Men**
**Singles — First Round**
Rafael Nadal (1), Spain, def. Michael Russell, U.S., 6-4, 6-2, 6-2.
Andy Murray (4), Britain, def. Daniel Gimeno-Traver, Spain, 4-6, 6-3, 6-0, 6-0.
Tomas Berdych (6), Czech Republic, def. Filippo Volandri, Italy, 6-2, 6-2, 6-1.
Tobias Kamke, Germany, leads Blaz Kavcic, Slovenia, 6-3, 7-6 (4), 1-5, susp., rain.
Gael Monfils (9), France, def. Matthias Bachinger, Germany, 6-4, 7-6 (3), 6-3.
Mardy Fish (10), U.S., def. Marcel Granollers, Spain, 7-6 (3), 7-6 (5), 6-4.
Stanislas Wawrinka (14), Switzerland, def. Potito Starace, Italy, 6-3, 6-4, 6-4.
Gilles Simon (15), France, leads Edouard Roger-Vasselin, France, 4-6, 6-4, 6-3, 4-5 (40-30), susp., rain.
Richard Gasquet (17), France, def. Santiago Giraldo, Colombia, 7-5, 6-3, 7-6 (3).
Ivo Karlovic, Croatia, leads Janko Tipsarevic (23), Serbia, 1-0 (0-15), (susp., rain).
Juan Martin del Potro (24), Argentina, leads Flavio Cipolla, Italy, 6-1, 1-3 (susp., rain).
Juan Ignacio Chela (25), Argentina, leads Marinko Matosevic, Australia, 6-4, 6-4, 6-7 (6), 3-1 (susp., rain).
Ivan Ljubicic, Croatia, leads Marin Cilic (27), Croatia, 7-6 (2), 3-6, 2-1, susp., rain.
Rainer Schuettler, Germany, def. Thomaz Bellucci (30), Brazil, 7-6 (3), 6-4, 6-2.
**Milos Raonic (31), Thornhill, Ont.**, def. Marc Gicquel, France, 6-3, 7-6 (3), 6-3.
Feliciano Lopez, Spain, def. Michael Berrer, Germany, 6-4, 7-5, 6-3.
Grega Zemlja, Slovenia, def. Lukas Lacko, Slovakia, 6-4, 3-6, 7-6 (8), 6-4.
Denis Istomin, Uzbekistan, def. Philipp Kohlschreiber, Germany, 4-6, 6-3, 6-3, 6-3.
Alex Bogomolov Jr., U.S., def. Donald Young, U.S., 7-5, 4-6, 6-3, 6-1.
Gilles Muller, Luxembourg, def. Tommy Haas, Germany, 7-6 (5), 7-6 (3), 3-6, 6-3.
Ryan Sweeting, U.S., def. Pablo Andujar, Spain, 3-6, 4-6, 6-1, 7-6 (1), 6-1.
Igor Kunitsyn, Russia, def. Igor Sijsling, Netherlands, 6-3, 6-4, 6-2.
Simone Bolelli, Italy, def. Martin Fischer, Austria, 7-5, 6-4, 6-4.
Julien Benneteau, France, def. Ruben Bemelmans, Belgium, 6-4, 6-2, 3-6, 4-6, 6-1.
Dudi Sela, Israel, def. Frederico Gil, Portugal, 6-4, 6-1, 6-4.
Victor Hanescu, Romania, leads Jaroslav Pospisil, Czech Republic, 6-4, 2-1 (susp., rain).
Sergiy Stakhovsky, Ukraine, leads Daniel Cox, Britain, 6-2, 0-1 (susp., rain).
Lukasz Kubot, Poland, leads Arnaud Clement, France, 5-4 (15-15) (susp., rain).
Robin Haase, Netherlands, leads Pere Riba, Spain, 5-4 (30-15) (susp., rain).
**WOMEN**
**Singles — First Round**
Vera Zvonareva (2), Russia, def. Alison Riske, U.S., 6-0, 3-6, 6-3.
Victoria Azarenka (4), Belarus, leads Magdalena Rybarikova, Slovakia, 6-4, 3-2 (30-40) (susp., rain).
Francesca Schiavone (6), Italy, def. Jelena Dokic, Australia, 6-4, 1-6, 6-3.
Svetlana Kuznetsova (12), Russia, def. Zhang Shuai, China, 3-6, 6-3, 6-4.
Sara Errani, Italy, def. Kaia Kanepi (17), Estonia, 6-1, 6-4.
Yanina Wickmayer (19), Belgium, def. Varvara Lepchenko, U.S., 7-5, 6-3.
Ksenia Pervak, Russia, def. Shahar Peer (22), Israel, 5-7, 6-4, 6-4.
Venus Williams (23), U.S., def. Akgul Amanmuradova, Uzbekistan, 6-3, 6-1.
Christina McHale, U.S., def. Ekaterina Makarova (28), Russia, 2-6, 6-1, 8-6.
Kimiko Date-Krumm, Japan, def. Katie O'Brien, Britain, 6-0, 7-5.
Elena Vesnina, Russia, def. Laura Pous-Tio, Spain, 6-4, 6-3.
Anna Tatishvili, Georgia, def. Anastasia Pivovarova, Russia, 3-6, 6-2, 6-3.
Pauline Parmentier, France, def. Sorana Cirstea, Romania, 6-1, 6-3.
Alexandra Dulgheru, Romania, def. Jill Craybas, U.S., 6-2, 6-4.
Monica Niculescu, Romania, def. Sybille Bammer, Austria, 6-1, 6-1.
Kateryna Bondarenko, Ukraine, leads Alize Cornet, France, 7-5 (susp., rain).
Tamira Paszek, Austria, leads Ayumi Morita, Japan, 5-7, 6-3, 2-0 (susp., rain).
Sandra Zahlavova, Czech Republic, leads Iveta Benesova, Czech Republic, 2-1 (40-30)(susp., rain).

## SHOW COURT SCHEDULES

**TODAY**
**Play begins on Centre Court and No. 1 Court at 8 a.m. ET; all other courts at 7 a.m. ET**
**CENTRE COURT**
Aravane Rezai, France, vs. Serena Williams (7), U.S.
Mikhail Kukushkin, Kazakhstan, vs. Roger Federer (3), Switzerland
Jeremy Chardy, France, vs. Novak Djokovic (2), Serbia
**NO. 1 COURT**
Andreas Beck, Germany, vs. Andy Roddick (8), U.S.
Caroline Wozniacki (1), Denmark, vs. Arantxa Parra Santonja, Spain
Robin Soderling (5), Sweden, vs. Philipp Petzschner, Germany
**NO. 2 COURT**
Radek Stepanek, Czech Republic, vs. Fernando Verdasco (21), Spain
Victoria Azarenka (4), Belarus, vs. Magdalena Rybarikova, Slovakia, comp. of susp. match
James Ward, Britain, vs. Michael Llodra (19), France
Li Na (3), China, vs. Alla Kudryavtseva, Russia
**NO. 3 COURT**
Jelena Jankovic (15), Serbia, vs. Maria Jose Martinez Sanchez, Spain
Ivan Ljubicic, Croatia, vs. Marin Cilic (27), Croatia, comp. of susp. match
David Ferrer (7), Spain, vs. Benoit Paire, France
John Isner, U.S., vs. Nicolas Mahut, France
Mathilde Johansson, France, vs. Heather Watson, Britain
**COURT TBA**
Not before Noon EDT: Anna Chakvetadze, Russia, vs. Maria Sharapova (5), Russia

# AUTO RACING

## NASCAR SPRINT CUP

### POINTS LEADERS

**Through June 19**

| | Points | Money |
|---|---|---|
| 1. Luke Donald | 1,455 | $3,550,248 |
| 2. Bubba Watson | 1,417 | $2,990,350 |
| 3. Mark Wilson | 1,321 | $2,690,688 |
| 4. Matt Kuchar | 1,306 | $2,878,861 |
| 5. Phil Mickelson | 1,261 | $2,496,784 |
| 6. Nick Watney | 1,241 | $2,960,733 |
| 7. K.J. Choi | 1,236 | $2,996,104 |
| 8. David Toms | 1,229 | $2,842,215 |
| 9. Gary Woodland | 1,215 | $2,363,652 |
| 10. Steve Stricker | 1,173 | $2,561,139 |
| 11. Jonathan Byrd | 1,154 | $2,358,204 |
| 12. Brandt Snedeker | 1,148 | $2,345,970 |
| 13. Jason Day | 1,141 | $2,720,362 |
| 14. Rory Sabbatini | 1,137 | $2,200,867 |
| 15. Martin Laird | 1,129 | $2,314,996 |
| 16. Webb Simpson | 1,093 | $2,174,392 |
| 17. Aaron Baddeley | 1,069 | $2,283,423 |
| 18. Hunter Mahan | 1,008 | $2,121,242 |
| 19. Charl Schwartzel | 980 | $2,080,921 |
| 20. Bill Haas | 911 | $1,695,915 |
| 21. Dustin Johnson | 900 | $1,947,228 |
| 22. Keegan Bradley | 885 | $1,809,388 |
| 23. Steve Marino | 881 | $1,739,966 |
| 24. Jhonattan Vegas | 853 | $1,530,336 |
| 25. D.A. Points | 853 | $1,683,006 |
| 26. Ryan Palmer | 815 | $1,614,010 |
| 27. Jason Dufner | 813 | $1,678,060 |
| 28. Spencer Levin | 794 | $1,586,068 |
| 29. Vijay Singh | 775 | $1,513,290 |
| 30. Y.E. Yang | 728 | $1,587,837 |
| 31. Brendan Steele | 699 | $1,347,604 |
| 32. Lucas Glover | 699 | $1,377,188 |
| 33. Brandt Jobe | 693 | $1,238,790 |
| 34. Justin Rose | 680 | $1,342,182 |
| 35. Charles Howell III | 663 | $1,213,495 |
| 36. Tommy Gainey | 650 | $1,263,237 |
| 37. Kevin Na | 649 | $1,233,265 |
| 38. Charley Hoffman | 648 | $1,053,358 |
| 39. Robert Garrigus | 629 | $1,315,557 |
| 40. Harrison Frazar | 624 | $1,192,489 |
| 41. Fredrik Jacobson | 612 | $946,682 |
| 42. Robert Karlsson | 609 | $1,184,755 |
| 43. Bo Van Pelt | 608 | $1,225,245 |
| 44. J.B. Holmes | 607 | $1,367,746 |
| 45. John Senden | 607 | $966,820 |
| 46. Brian Gay | 600 | $999,066 |
| 47. Zach Johnson | 595 | $1,085,196 |
| 48. Rickie Fowler | 548 | $875,545 |
| 49. Charlie Wi | 528 | $968,001 |
| 50. Chris Kirk | 527 | $863,109 |
| 51. Jimmy Walker | 506 | $883,895 |
| 52. Robert Allenby | 501 | $894,412 |
| 53. J.J. Henry | 498 | $729,042 |
| 54. Stewart Cink | 493 | $809,028 |
| 55. Ryan Moore | 492 | $922,440 |
| 56. Adam Scott | 492 | $1,156,153 |
| 57. Brendon de Jonge | 492 | $644,788 |
| 58. Marc Leishman | 485 | $772,767 |
| 59. Ryuji Imada | 481 | $878,907 |
| 60. Graeme McDowell | 479 | $987,558 |
| 61. Kevin Chappell | 476 | $1,008,960 |
| 62. Sergio Garcia | 471 | $903,091 |
| 63. Pat Perez | 468 | $850,388 |
| 64. Ricky Barnes | 466 | $816,970 |
| 65. Carl Pettersson | 460 | $811,728 |
| 66. Paul Goydos | 460 | $1,087,356 |
| 67. Jim Furyk | 456 | $769,757 |
| 68. Brian Davis | 451 | $613,716 |
| 69. Chris Couch | 445 | $725,176 |
| 70. Ben Crane | 441 | $757,891 |
| 71. Jerry Kelly | 440 | $740,876 |
| 72. Troy Matteson | 439 | $761,516 |
| 73. Michael Bradley | 437 | $806,115 |
| 74. Johnson Wagner | 424 | $873,786 |
| 75. Jeff Overton | 415 | $717,170 |
| **Also** | | |
| **117. Stephen Ames** | **256** | **$452,972** |
| **128. David Hearn** | **231** | **$360,108** |

# GOLF

## PGA FEDEXCUP LEADERS

**Through June 19**

| | Points | Money |
|---|---|---|
| 1. Luke Donald | 1,455 | $3,550,248 |
| 2. Bubba Watson | 1,417 | $2,990,350 |
| 3. Mark Wilson | 1,321 | $2,690,688 |
| 4. Matt Kuchar | 1,306 | $2,878,861 |
| 5. Phil Mickelson | 1,261 | $2,496,784 |
| 6. Nick Watney | 1,241 | $2,960,733 |
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| 8. David Toms | 1,229 | $2,842,215 |
| 9. Gary Woodland | 1,215 | $2,363,652 |
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| 11. Jonathan Byrd | 1,154 | $2,358,204 |
| 12. Brandt Snedeker | 1,148 | $2,345,970 |
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| 14. Rory Sabbatini | 1,137 | $2,200,867 |
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| 32. Lucas Glover | 699 | $1,377,188 |
| 33. Brandt Jobe | 693 | $1,238,790 |
| 34. Justin Rose | 680 | $1,342,182 |
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| 41. Fredrik Jacobson | 612 | $946,682 |
| 42. Robert Karlsson | 609 | $1,184,755 |
| 43. Bo Van Pelt | 608 | $1,225,245 |
| 44. J.B. Holmes | 607 | $1,367,746 |
| 45. John Senden | 607 | $966,820 |
| 46. Brian Gay | 600 | $999,066 |
| 47. Zach Johnson | 595 | $1,085,196 |
| 48. Rickie Fowler | 548 | $875,545 |
| 49. Charlie Wi | 528 | $968,001 |
| 50. Chris Kirk | 527 | $863,109 |
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| 53. J.J. Henry | 498 | $729,042 |
| 54. Stewart Cink | 493 | $809,028 |
| 55. Ryan Moore | 492 | $922,440 |
| 56. Adam Scott | 492 | $1,156,153 |
| 57. Brendon de Jonge | 492 | $644,788 |
| 58. Marc Leishman | 485 | $772,767 |
| 59. Ryuji Imada | 481 | $878,907 |
| 60. Graeme McDowell | 479 | $987,558 |
| 61. Kevin Chappell | 476 | $1,008,960 |
| 62. Sergio Garcia | 471 | $903,091 |
| 63. Pat Perez | 468 | $850,388 |
| 64. Ricky Barnes | 466 | $816,970 |
| 65. Carl Pettersson | 460 | $811,728 |
| 66. Paul Goydos | 460 | $1,087,356 |
| 67. Jim Furyk | 456 | $769,757 |
| 68. Brian Davis | 451 | $613,716 |
| 69. Chris Couch | 445 | $725,176 |
| 70. Ben Crane | 441 | $757,891 |
| 71. Jerry Kelly | 440 | $740,876 |
| 72. Troy Matteson | 439 | $761,516 |
| 73. Michael Bradley | 437 | $806,115 |
| 74. Johnson Wagner | 424 | $873,786 |
| 75. Jeff Overton | 415 | $717,170 |
| **Also** | | |
| **117. Stephen Ames** | **256** | **$452,972** |
| **128. David Hearn** | **231** | **$360,108** |

# CFL

## PRE-SEASON

**WEEK TWO**
**Tomorrow's games**
**All Times Eastern**
Montreal at Hamilton, 7 p.m.
Saskatchewan at B.C., 10 p.m.
**Thursday's game**
Toronto at Winnipeg, 8 p.m.
**Friday's game**
Calgary at Edmonton, 9 p.m.
**END OF PRE-SEASON**

## REGULAR SEASON

**WEEK ONE**
**Thursday, June 30**
B.C. at Montreal, 7:30 p.m.
**Friday, July 1**
Winnipeg at Hamilton, 6 p.m.
Toronto at Calgary, 9 p.m.
**Sunday, July 3**
Edmonton at Saskatchewan, 7 p.m.

# SOCCER

## MLS

### EASTERN CONFERENCE

| | GP | W | L | T | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| New York | 15 | 5 | 2 | 8 | 24 | 16 | 23 |
| Philadelphia | 14 | 6 | 4 | 4 | 16 | 12 | 22 |
| Columbus | 15 | 5 | 4 | 6 | 16 | 16 | 21 |
| Houston | 16 | 4 | 6 | 6 | 19 | 20 | 18 |
| D.C. United | 14 | 4 | 5 | 5 | 19 | 25 | 17 |
| Chicago | 15 | 2 | 4 | 9 | 17 | 20 | 15 |
| New England | 16 | 3 | 7 | 6 | 12 | 19 | 15 |
| Toronto | 17 | 2 | 6 | 9 | 15 | 26 | 15 |
| Kansas City | 13 | 3 | 6 | 4 | 17 | 20 | 13 |

### WESTERN CONFERENCE

| | GP | W | L | T | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Los Angeles | 18 | 9 | 2 | 7 | 25 | 15 | 34 |
| Dallas | 16 | 8 | 4 | 4 | 20 | 17 | 28 |
| Seattle | 16 | 6 | 4 | 6 | 17 | 13 | 24 |
| Real Salt Lake | 13 | 6 | 3 | 4 | 15 | 8 | 22 |
| Colorado | 16 | 5 | 4 | 7 | 18 | 17 | 22 |
| San Jose | 14 | 5 | 5 | 4 | 20 | 17 | 19 |
| Portland | 14 | 5 | 6 | 3 | 18 | 22 | 18 |
| Chivas USA | 15 | 4 | 6 | 5 | 18 | 18 | 17 |
| Vancouver | 15 | 2 | 6 | 7 | 15 | 20 | 13 |

**Note:** Three points for a win, one for a tie.
**Sunday's result**
New York 3 Portland 3
**Tomorrow's games**
**All Times Eastern**
Kansas City at Philadelphia, 7:30 p.m.
Real Salt Lake at Chicago, 8:30 p.m.

## 2011 CONCACAF GOLD CUP

### QUARTER-FINALS

**Sunday's results**
**At Washington**
U.S. 2 Jamaica 0
Panama 1. El Salvador 1
(Panama advances 5-3 on penalty kicks)

### SEMIFINALS

**Tomorrow's games**
**At Houston**
**All Times Eastern**
U.S. vs. Panama, 7 p.m.
Honduras vs. Mexico, 10 p.m.

### CHAMPIONSHIP

**Saturday, June 25**
**At Pasadena, Calif.**
Semifinal Winners, 9 p.m.

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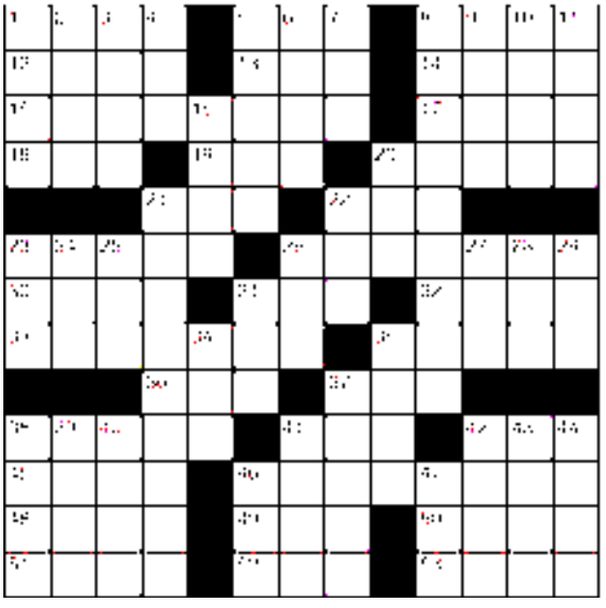
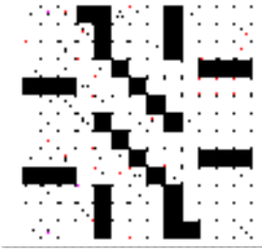
## Crossword



**Across**
1 Church section
5 Spring time
8 Lather
12 Colt or filly
13 Have bills
14 Lecher's look
15 One's hands and knees
17 Incite
18 Deterioration
19 Use a crowbar
20 Enthusiast (slang)
21 Play on words
22 Greyhound vehicle
23 Old tape-recorder parts
26 Surgical gripper
30 Beige
31 Toupee
32 Aware of
33 "Howards End" author
35 Fantastic
36 Watch chain
37 Caviar, essentially
38 Fake drake
41 Coffee, slangily
42 Recede
45 Obama birthplace
46 Top-rated
48 Despot
49 Hosp. hook-ups
50 Farm fraction
51 Collections
52 Spelling contest
53 "That's a relief!"

**Down**
1 Somewhere out there
2 Horseback game
3 Sodium chloride
4 Sprite
5 Grieve
6 Twisted
7 Affirmative
8 Eighty
9 Shrek, for one
10 Plankton component
11 Timid
16 Piece of work
20 Bear hair
21 Style of knickers
22 Cranberry territory
23 Ump
24 Environmentally friendly
25 Blunder
26 Evergreen type
27 Compass dir.
28 Sch. org.
29 Drunkard
31 "Charlotte's —"
34 Plaything
35 No stay-at-home
37 Stir up
38 They may be connected
39 Relaxation
40 Fireside occurrence
41 Jupiter's alias
42 Impress deeply
43 Exposed
44 Cauldron contents
46 White lie
47 Witnessed

▶ Yesterday's answer



## Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 1 | | 6 | | | 8 | |
| | 3 | 4 | | 1 | | | | |
| 8 | | 2 | | | 4 | | | |
| | 2 | 8 | | | | | | 1 |
| | 7 | | 6 | | 2 | | 9 | |
| 9 | | | | | | 5 | 7 | |
| | | | 3 | | | 7 | | 5 |
| | | | | 8 | | 3 | 2 | |
| | 6 | | | 5 | | 4 | | |

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

## Send a KISS

**You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.**

*Andy*
*I love the way you kiss me I love the way we will always be I love the way you smile The distance between us is never but a mile I love the way you hold me My dad he already told me Its okay to marry you I can't wait till that day comes true for Andy I really truly honestly love you XOXO Kiss Kiss*
**YOUR PRINCESSLITTLEBOOTS XOXO**

*JDNR*
*"YOUR LIPS ARE SOOOO MMMMMMMMM"!! XO :)* **ALG**

*Mark T*
*My darling Mark, I am so happy I found someone as loving, caring, and wonderful as you. We both know we're stuck with each other. I can't wait wait for next year. I love you, xoxo.*
**DOROTA**

## Today's horoscope

*For today's crossword answers and for expanded horoscopes, go to metronews.ca*

**♈ Aries March 21-April 20** It's an excellent time to be on the move. There's no fun in slowing down.

**♉ Taurus April 21-May 21** You may be doing OK financially at the moment but don't take your good luck for granted.

**♊ Gemini May 22-June 21** You've got a lot of momentum behind you at the moment, so don't waste it — go even faster!

**♋ Cancer June 22-July 22** No matter how difficult the past few weeks, you are feeling quietly confident about your prospects.

**♌ Leo July 23-Aug.23** Why put yourself to the test when you don't have to? Enlist the aid of friends.

**♍ Virgo Aug. 24- Sept. 22** If you have not yet reached the place you want to be professionally, it's only a matter of time.

**♎ Libra Sept. 23-Oct. 23** The sense of freedom you feel today will be amazing, but don't forget about your responsibilities.

**♏ Scorpio Oct. 24-Nov. 22** No doubt you have many plans, but first you need to make peace with someone you've fallen out with.

**♐ Sagittarius Nov. 23-Dec. 21** Mars in your opposite sign can make you a bit too aggressive in some people's eyes.

**♑ Capricorn Dec. 22-Jan. 20** Relationships are about to take center stage. Always accept there are two sides to every story.

**♒ Aquarius Jan. 21-Feb. 18** You will start something new today and it will be a huge success.

**♓ Pisces Feb. 19-March 20.** You need to deal with a family issue that is causing grief. It's time to get tough. **SALLY BROMPTON**

## Caption contest

MARKO DROBNJAKOVIC/ THE ASSOCIATED PRESS

JULIEN BEHAL-PA/ THE ASSOCIATED PRESS

**WIN! You write it!**

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Read small print carefully. Many sellers advertise their prices only for customers who sell more than $10,000 worth of gold. If you are selling less than this quantity, they will pay you much less.

## AS FEATURED ON…

Global BC & National
CTV BC & National
CBC National News

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### No-Haggle Price Guarantee

Since we offer our very best prices upfront, there's no need for stressful negotiations. We'll automatically offer you the best pricing. We're so confident in our prices and service, that if you get a higher offer for your jewellery, we'll pay you 50% more than the difference.
Terms and Conditions can be found at **www.VancouverGold.ca**

### Karat|Price/gram

| | |
|---|---|
| 1oz Maple Leaf Coin (9999) | $1437/coin |
| 999 Gold Coins and Bars | $44.02 |
| 24k Jewellery | $35.02 |
| 22k | $32.10 |
| East Indian and Nuggets | $28.45 |
| 18k | $26.27 |
| 14k and dental | $20.43 |
| 10k | $14.59 |
| .925 Sterling Silver | $0.63 |

We also offer refining services for large and dental lots.
Please contact us for fee and payout information.

### Example Purchase 1:

Purity: 14k • Weight: 193.50g
**PRICE: $3,953.21**

### Example Purchase 2:

Purity: 24k • Weight: 6.42g
**PRICE: $224.83**

### Additional Pricing

**Gold Coins**

| | |
|---|---|
| Gold Coins Under 24kt (Per Gram of Gold) | $41.40/gram |
| Maple Leaf Coins under 1 ounce | $46.27/gram |
| 999 Gold Bars under 1 ounce | $42.86/gram |
| Silver Maple | $33.56/coin |
| Silver Bullion | $31.81/ounce |

**Silver**

| | |
|---|---|
| Unrecognized Silver bars 1 ounce or more | $0.84/gram |
| Stamped Sterling Silver | $0.63/gram |
| Stamped .800 Silver | $0.54/gram |
| Unstamped Solid Silver | $0.44/gram |

**Canadian Silver Coins**

| | |
|---|---|
| Coins from 1966 or earlier | 16.0 Times Face Value |
| Coins from 1967 | 12.5 Times Face Value |
| Coins from 1968 | 9.7 Times Face Value |

**American Silver Coins**

| | |
|---|---|
| Coins from 1964 or ealier | 17.4 Times Face Value |

**Platinum**

| | |
|---|---|
| Platinum Jewellery (stamped 950) | $35.26/gram |
| 999 Platinum Coins | $44.19/gram |

*Canadian Dollars
Last Update 6/20/2011

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